Now—From the Infinite Depths of the Cosmos Comes...

THE MIRACLE OF UNIVERSAL PSYCHIC POWER:

HOW TO PYRAMID YOUR WAY TO PROSPERITY

by Al G. Manning

Amazing discovery instantaneously taps the Secret Life Force within you — and unleashes a flood of riches, love and happiness!

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How to Pyramid Your Way to Prosperity

by AL G. MANNING

This book reveals, for the first time, the amazing force of UNIVERSAL PSYCHIC POWER—Al G. Manning's miraculous discovery which, he shows, can turn your life into a gold mine of riches, love, and happiness immediately. Step-by-step, the author reveals how you can tap the hidden energy force within your body, and instantly develop a new inner strength, as you begin to accumulate a lifetime of undreamed-of-before luxuries!

SHOWS YOU THE MIRACLE STEPS TO SUCCESS!

1. HOW TO BUILD A WORKING FOUNDATION OF PSYCHIC THOUGHT AND ACTION TO GET WHAT YOU WANT
2. HOW TO HARNESS THE COSMIC LIGHT AND YOUR PSYCHIC ENERGY CENTERS
3. HOW TO TURN YOUR DESIRES INTO PSYCHIC ENERGY FIELDS THAT IRRESISTIBLY GROW INTO MATERIAL REALITY
4. HOW TO HARNESS THE PSYCHIC POWER OF CEREMONIAL MAGIC
5. HOW TO ESTABLISH WORKING CONTACT WITH YOUR SPIRIT GUIDE OR TEACHER
6. HOW TO USE PSYCHIC HEALING METHODS
7. HOW TO MASTER THE PSYCHIC ART OF FRIENDSHIP AND LOVE
8. HOW TO CONTROL THE PSYCHIC POWER OF ATTRACTING MONEY
9. HOW TO USE PSYCHIC POWER TO CONTROL ANY LIFE SITUATION
10. HOW TO MAGNIFY YOUR PERSONAL POWER AND INFLUENCE IN ANY FIELD YOU CHOOSE
11. HOW TO PROTECT YOURSELF AGAINST SECRET PSYCHIC ATTACK
12. HOW TO USE PSYCHIC THOUGHT TRANSFERENCE AND TELEPATHIC COMMUNICATION FOR IRRESISTIBLE POWERS
13. HOW TO USE THE ART OF ASTRAL PROJECTION FOR FUN AND PROFIT
14. HOW TO CONCENTRATE YOUR PSYCHIC POWERS TO PRODUCE PRACTICAL MIRACLES IN YOUR LIFE
15. HOW TO GAIN TRUE PERSONAL CONFIDENCE AND INCREASE EFFECTIVENESS
16. HOW TO REGAIN POWERS FROM YOUR PAST LIVES TO GET WHAT YOU WANT NOW
17. HOW TO USE THE MAGIC OF YOUR NEW FOUND PSYCHIC POWER IN DAILY LIVING

ABOUT THE AUTHOR

Al G. Manning discovered, early in life, the basis of UNIVERSAL PSYCHIC POWER. With it, he graduated Magna Cum Laude from U.C.L.A., where he was elected to the Phi Beta Kappa Honor Society.

Further use of this amazing power boosted him into the highest levels of business success. Starting at a low salary, he rose to the presidency of a vigorous and growing corporation. At that point, struck by personal tragedy, he left his business career and turned to the study of religious science and became a Doctor of Divinity.

Through these later studies, Al G. Manning began to ascertain the laws of UNIVERSAL PSYCHIC POWER, and formulated a system that could use this power to draw contact with the vast energy source within us. In this book, he presents the culmination of his work for the first time.

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How to Pyramid Your Way to Prosperity

Al G. Manning, B.S., D.D.

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To the wonderful spirit beings who inspire and help us always, to the many members of ESP Laboratory who participated in the research and shared the results, and to Fay, who suffered through the birth pains with me.

Other books by the author:

Helping Yourself with ESP
Helping Yourself with Psycho-Cosmic Power
Helping Yourself with White Witchcraft

What This Book Can Do for You

We all remember the cartoon character, Superman—faster than a speeding bullet, able to leap tall buildings, X-ray vision and all that, but most important, full of invincible strength and power to overcome any situation.Haven't you dreamed of being a super-being? You already are one, you know! You have but to discover and *use* the vast powers that lie almost dormant in your psychic nature to develop quickly into the fullness of personal power and accomplishment.

The purpose of this book is to introduce you to your psychic super-powers and give you the techniques you need to harness and use them. Although not yet recognized by conventional modern science, the psychic power of your energy centers or chakras, thoughtform energy and "pyramid" energy, can be combined to produce practical and tangible results of a clearly "miraculous" variety. You don't need any special education or equipment to successfully use these great powers; you brought them with you when you entered your new body at birth, but the world has mistakenly taught you to ignore them. Now let's dust them off and apply them to increasing your personal effectiveness and enjoyment of life, and finally to producing the fantastic success of your fondest dreams.

HOW *YOU* CAN BECOME A "SUPER" HUMAN BEING

The 17 miracle steps of this book are designed to bring you step by step from the point of simple interest or idle curiosity to the

mastery of all the adverse or negative conditions and influences in your life. This is done by the progressive reawakening of your hidden psychic and occult powers until you have proved to yourself that you are indeed master of your fate. The techniques and methods are far from speculation; they are tested and proved not only by the great beings of all ages, but also by people *just like you.* Over the past eight years every technique presented here has been assigned as "homework" to my personal classes at ESP Laboratory, with the class results being used to help us more fully modernize each method. Our approach has been to throw out the mystery and get down to the practical principles, presented in techniques that *you* can use and in words that you can easily understand. We will not hint or tease, but simply state *how* you can become the *super*-being you should be already—and back it up with case histories to show you exactly how it has worked for other people.

START TO BECOME POSSESSED OF PRACTICAL PSYCHIC POWER *NOW*

I want to suggest that you take the case histories throughout this book as challenges to you personally. Anything that has worked for someone else *will work for you!* But not until you *use* it. Let's not take any more of your time away from beginning the work of this book—work that will bring you psychic power by the *application* of the principles and techniques that the words indicate to you. Build your step-by-step psychic foundation by mastering each Miracle Step as set out in its turn in this book. *Your* case history of psychic success may be more wonderful than anything written within these pages.

Al G. Manning

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MIRACLE STEP 1

How to Build a Working Foundation of Psychic Thought and Action to Get What You Want

Have you ever longed for a magic wand? Tap it three times on the table while uttering the magic words, and your every wish is granted! What would you think of a person who has one, but suffers lack and frustration because he forgot how to use it? *You* have one! Do *you* remember how to use it? Or would you like some help in making it work for you?

The infinitely powerful psychic side of your nature lies untapped, like a magic wand left on the junk shelf to gather dust. The purpose of this book is to help you pick it up, dust it off, and *use* it to find fulfillment for all your cherished dreams–and then go on to fulfill some more you haven't thought of yet! You already have all the equipment. Your rich, new life can start from *right now*. You have only to cast aside some useless, limiting concepts and replace them with fresh skill and understanding.

"How hard do I have to work to recover this magic wand?" Let me answer with the question: How hard is it to let go of a hot potato? Some of us cling stubbornly to our beliefs and prejudices and get burned, while others turn loose of them immediately and *win*. In this case the hot potato is the thoroughly outmoded

three-dimensional concept of the nature and mechanics of life on earth. Yes, the three-dimensional laws of physics and chemistry are true, but they are regularly transcended by the higher laws of cosmic mind, emotion and spirit. We will help you drop your hot potato by *demonstrating* the higher psychic and cosmic laws in the practical uplift of all facets of your personal life.

THE PATH TO PERSONAL POWER AND SUCCESS BORROWS THE STRENGTHS OF MANY SYSTEMS

When you turn on your electric light, you probably don't know whether the power that makes the bulb glow was generated by atomic energy, fossil fuels or hydro-electric generators–and you couldn't care less, as long as it works. Just as there are many different ways to generate electricity, there are varied methods of tapping the infinite cosmic and psychic powers. And as with electricity, the powers are the same regardless of what system you used to generate them.

One of the big distinctions between the modern era and times past is the vast use today of power and sophisticated machines to do man's work. Man has become a director of equipment where before he was his own beast of burden. In quite the same way, we will learn to become directors of Cosmic Energy so that we may no longer be enslaved by the otherwise uncontrollable conditions of life. To achieve this dominion we will borrow the strengths of many systems without becoming enmeshed in the morass of dogma or confusion that may surround them.

"Miraculous power" is obvious throughout the world. For instance, the phenomenon of fire walking occurs in widely scattered places; the ancient Norse, the Voodoo, the Huna, and many sects in Southeast Asia and Polynesia have fire walking in common. Let's quickly agree that walking barefoot across glowing coals without being burned falls into the category of an impractical parlor trick; *but* the power which allows the "suspension" of the lower natural laws has many down-to-earth applications–and it's easier by far to increase your income or enhance your love life!

Miss J.V. hadn't had a date in three months, and there seemed to be no prospects. She invested just ten minutes a day for three days in the Red Light exercise we will suggest in Chapter 2. During the third day, five eligible men asked her for dates! That's

a practical application of power, as was T.A.'s happy introductory experience. He used the simple prosperity thoughtform building ritual we will give you in Chapter 4. On the third day he received a check for $1,000 as the proceeds of a forgotten $50 investment! Not bad for openers! And the same laws will also work for you!

Let's agree that we don't care about the name of any system nearly so much as we do about the results it can bring us. In my work at ESP Laboratory we are bound only to our motto: *Results!* The unfettered approach has done much for us there, and it will work extremely well for you as you test each new principle we present, not with doubt or prejudice, but simply with the question: "Can I make it work for *me*?" Give it your best effort and interest, and *it cannot refuse you!*

YOU WERE BORN PSYCHIC–THUS YOUR POWER COMES MIGHTILY AS YOU CLEAR AWAY THE ACCUMULATED MENTAL OBSTACLES TO ITS NATURAL FUNCTIONING

The technological world has brainwashed you for so long that you may not remember, but *you were born completely psychic.* There in your little crib, you were in direct intuitive communication with your own higher nature and the guiding spirits who watch over you. But as you grew up you were trained to believe that your "imagination" (the naughty word for seeing other than the physical realms of life) belonged to babies; that grown-ups face only "reality." And the psychological rewards for acting "grown-up" were great enough to induce all of us to shun the beauty and adventure of the psychic for the approval we could gain from parents and society as a whole. It's rather like Esau trading his birthright for the famous cup of red pottage. But now we can be good "sea lawyers" and rescind the "contract" that has been holding us back. You can build greater effectiveness and success by harnessing your dormant psychic nature, and through that success gain even more respect and approval from your contemporaries!

It's Normal to Be Psychic

There is nothing mysterious or dangerous about the psychic. It's normal and natural to have good "hunches," to sense the thoughts and moods of people around you, and to enjoy the

guidance and comradeship of those spirit beings directly associated with your growth and well-being. To deliberately ignore your psychic nature is to choose to remain a clod. The richest qualities and experiences of mankind always transcend the physical–love, honor, courage, compassion, creativity; these are qualities of the human consciousness that are beyond the clod stage, and they are also the way to prosperity, success, wealth and fulfillment. Science is already moving toward recognizable proof that you are naturally a psychic being. By now the work of the Russian scientist Kirlian is well known in the Western world. The "Kirlian Effect" is being used to study the bio-plasmic energy field known by occultists as the aura and our own ESP Laboratory is deeply involved in studying the physics of telepathy, psychokenesis and psychic healing. But while science gropes for the "why's," *you* can begin to apply the "how's" to making the here and now more comfortable, prosperous and rewarding.

How a Dream Resulted in a Promotion

The inner parts of *you* work diligently to help, but they require your attention. For instance, M.B. had a very vivid dream of a big argument at her place of work. When she awakened, the feeling was so strong that she called in sick and stayed home to avoid the dream-predicted trouble. When she reported to work the next day her supervisor, after telling her briefly of a "big beef" the day before, announced a reshuffling of personnel that included a nice promotion for M.B. and a consequent transfer to a much more peaceful and desirable part of the store. But what if she had ignored her dream warning and gone dutifully to work as usual? M.B. is sure that at least she would not have been promoted, and shudders at the possibility that she might have been fired. When you are in tune with your natural psychic abilities, you will receive positive guidance like that–and it will never keep you from a productive day's work either!

Some Real Benefits You Can Have

Would you like to get tips on tomorrow's winning horses from the light patterns on your bedroom ceiling? How about *knowing* in advance how your stocks are going to move? The

faculties are normal, and you can dust off the abilities that have been with you since birth to regain the ability to do all this and much more. Your ability to use the psychic is like a light bulb that is burning brightly but has been wrapped in gauze so that little if any light shows through. The gauze is your accumulation of anxieties and three-dimensional thinking patterns. Every limiting thought pattern we break will let a bit more of your psychic light shine through—and by the time you finish the study and programs we present in this book I expect *you* to be an effective, practical psychic. So let's start to unravel the gauze of limitation for you, *now*.

GET COMFORTABLE WITH MONEY—WHEN YOU GET MONEY AND ALL THE THINGS YOU WANT, BE SURE YOU OWN THEM AND ARE NOT THEIR SLAVE

Man's economic system is based on scarcity. The whole theory of the marketplace is the interaction of supply and demand to settle who gets how much of what—on the basis of the amount of money buyers are willing to pay balancing what sellers are willing to take for the commodity. But consider the economic system of nature: it is a system of abundance. The continued existence of each species is assured by nature's overproduction of individuals. Those species with short lives and many natural enemies multiply exceedingly fast to insure that there will be enough to go around and still leave plenty to multiply and so keep up the supply.

How would you like to hook your money supply into nature's current of overproduction instead of man's ideas of lack and limitation? In Chapter 8 we will give detailed methods of effortlessly increasing your income, but we should start working on your limiting ideas now. The mind of man first dreamed of walking on the moon. As long as it remained an idle dream, nothing happened. But one day a rocket scientist realized that the dream could be realized, and said so out loud. Others were enthusiastic because the idea's time had come, and the vast resources of two great nations were turned completely to the details of the task—and again proved the adage, *what the mind can conceive, man can achieve.* Similarly, the first step to your personal prosperity is to conceive that it is possible for you to

experience opulence and complete freedom from financial lack or limitation.

WHY YOU MUST SHED YOUR THREE-DIMENSIONAL THINKING

As you begin to feast mentally on the ideas of opulence, your three-dimensional brainwashing will taunt you. To one it will say, "No, you have only an eighth-grade education; there's no way for you." To another the gambit may be, "Your Ph.D. is in an obsolete discipline; there's no hope for you." Yes, you're either too young or too old, too smart or too dumb, too fast or too slow—as long as you listen to those old brainwashed doubts. Counter all the three-dimensional doubts with the simple statement, "You used to be true for me, but now I'm switching from man's system of scarcity to nature's system of abundance." Then go on to contemplate the philosophical difference that this change must bring to you.

When the new state is realized, your physical possessions and even your bank account will lose their power over you. When you know that more money is flowing in to you faster than you can possibly spend it, there's no way to get up-tight about your bank balance (or lack of it). When you know you can comfortably afford a new car, signs that the present one is wearing out will make you happy at the prospect of something new and better rather than fearful of unexpected expenses. All the things that tend to panic you now will be reduced to the level of petty annoyance or even changed to sources of pleasure!

Sample Case Histories of Giving Up Three-Dimensional Thinking

John R. seized upon this simple idea and made it work. He kept telling himself that he accepted nature's abundance as the law of his financial life, and money began pouring in from unexpected sources. He got a swift series of raises that doubled his income in a period of six months, but then he ran into a snag. With his last substantial raise, his employer jokingly asked John if he was sure he was worth it. Something inside silently answered, "No," and then the trouble began. John became defensive in his work, a complete about-face from the tiger he had been before. The feeling of unworthiness and insecurity led John to accept a

position in a different industry at half his top salary. Stupid, you'll say, but true. However, our story has a happy ending. John realized in quiet meditation that his changed attitude was the only cause of his setback. He went to work on building a feeling of confidence in his value to the new company, and in a short time climbed even higher than before. This time it stuck because John had learned his lesson of worthiness.

A lady, E.S., wrote me of a similar story in her personal life. I had just challenged her to build her feeling of personal worthiness and this is her comment: "Right after I talked with you, I went to the local Bingo game and won $30—enough to buy a birthday present for my mother, anyway. So the next night I played in the big game (a $5,000 bonus game) and didn't win anything. Nobody won the bonus that night, and when I got home I realized that it was part of your lesson. Nobody really felt worthy of winning it."

Now that you see the hidden trap, you can avoid it by carefully building your confidence. Play in the league that makes you comfortable until you develop your feeling of worthiness. It's better to win $30 in a small game than nothing in the big one! Then when you're ready, you can win the big ones too! So our next step is to make you comfortable with yourself, and the happy "fall-out" from this situation is greater comfort in getting along with people in general.

GET COMFORTABLE WITH PEOPLE BY UNDERSTANDING THE MIRACLE THAT IS YOU

Just what is the miracle that is *you*? The simplest approach to this understanding is to agree on a few things that you are not. We will have no difficulty when I suggest that you are not your house, your automobile, or your bank account. The second step is nearly as easy: you are not the pile of chemicals called your physical body. Just a moment's contemplation will convince you that you are much more than a physical body. Next, your emotions merely energize your body, so you are much more than that. And your mind is just the computer that controls the body's actions. But if you are not body, emotion, or mind, what is left? What is the real you?

A theologian would instantly suggest "soul" or "spirit," and the thought is useful. But to avoid the confusion of terms, let's

agree to call it your *Cosmic Self.* A good working analogy would be the components of a ride in a limousine. The vehicle is your physical body, the engine is your emotions, the driver is your mind, and the passenger for whose use and direction the other three exist is your Cosmic Self.

Here you may properly comment, "Cute, but what good is it?"

The answer is that it is your key to personal comfort, effectiveness and all the good things of life. When the owner/passenger is neglected for the aggrandizement or indulgence of one of the lesser parts, an imbalance is created. And it is variations of this imbalance that cause all the suffering and misery in our world. Think of an emotional argument as two taxicabs racing their motors at each other, and you see how silly we can be.

The Proper Orientation to Use

Proper orientation as the owner/passenger in this trip through life will easily solve the problem of unworthiness. As the owner/-passenger, there is no question of your worth. It is only when you think and feel as the lesser parts of the whole that doubts can creep in. And not only is the Cosmic part of you completely worthy, but it naturally recognizes the Cosmic part of your associates. You might think of it as joining a millionaires' club, with the natural mutual respect due you from, and from you to, all the other members. This shows the ridiculous side of racism also: imagine feeling superior or inferior to another member of the club just because your Cadillac is red and his is white, yellow or black! They all came off the same assembly line.

How to Join the Millionaires' Club

No matter how strong your body, or how sharp your mind, you will live in varying degrees of fear and insecurity until you take your place in the great millionaires' club by recognizing that you are truly a Cosmic Being. To the degree that you think, feel, and act as that Cosmic Being, you will be successful and indeed invincible. And right now, every problem and limitation in your life is a direct result of thought/action at levels below your Cosmic Beingness.

B.R. had lived for 13 years with the progressively worsening problem of an alcoholic husband who often beat her and threatened her with one of his several guns. She was so full of fear that she defined the situation as hopeless: "I don't dare leave him because I'm sure he will kill me and our child, too! And even when I do exactly what he tells me, he often flies into a rage and hits me anyway."

When B.R. finally realized the truth of her Cosmic Beingness, she found comfort in the idea that threats or even damage to her physical body were after all only dents in the taxi's fenders, to be avoided if possible, but not a threat to her very existence. So the next time there was the usual drunken scene, she waited until her husband was asleep, then packed and left. Her note said, "Be sober when you call or I won't even talk to you." She stayed with friends while waiting to see if the many threats of the past would be carried out. There was some reasonable apprehension, but no blind fear. For three days nothing happened, but on the morning of the fourth day the husband called. He was very loving and conciliatory and announced that he was enrolled in a medical program to "dry out" forever. It remains a happy marriage, and the husband has not fallen off the wagon in years. The fresh insight and freedom that comes through accepting the simple reality of *your* Cosmic Beingness will bring you power and effectiveness beyond your wildest dreams of the physical level.

SECURITY AND INVINCIBLE POWER COME AS YOU LEARN TO USE THE TOOLS OF THE PSYCHIC MIND, EMOTION, AND BODY FROM THE POWER-PACKED ZONE OF THE COSMIC FORCE

The stumbling block in most logical "mind systems" is the dependence upon mind to control the energy of emotion. But when the power of emotions is raised to a peak, either deliberately or by the stress of circumstance, the situation of mind is rather like that of the animal trainer trying to control a huge elephant that has run amuck. Instead of the traditional approach of higher levels—increasing from body through emotion to mind—we will consider the three factors as equally necessary *tools*, each of which is controlled by the real *you*, from your level of Cosmic Beingness.

Thus you will not be upset in our next chapter when you find that the energy centers related to mind fall lower along the spine than those of emotion. You will easily see that the mind's

link to your Cosmic Beingness is through the higher manifestations that man calls the psychic, but the higher emotions tie directly into Cosmic Power itself. Permit me to get personal as I seek to share this key to all power, security and effectiveness. The background leading to my acceptance of this power should be a big help in your own understanding.

Picture the young intellectual graduating from U.C.L.A. with all manner of recognition–elected to Phi Beta Kappa, given the award of "Highest Honors in Accounting" (which is the English equivalent of Summa Cum Laude), and invited to accept the degree on behalf of my graduating class at the commencement exercises. I was thoroughly conditioned to be a true worshiper of mind, particularly in its manifestation of intellect.

But this also ushered in my period of stomach ulcers, migraine headaches and two pairs of glasses. Hence the search for healing in metaphysics; but again the mind was the critical and controlling factor, and the fact that it achieved a good measure of healing helped King Mind to stay on his throne. But the limitations of metaphysics do keep one seeking–like why doesn't your every metaphysical treatment manifest immediately? This led to a study of Voodoo, Huna, Alchemy, Witchcraft, the Mystery Schools, Zen, Spiritualism, Comparative Religion, and hundreds of occult sects.

I produced four other books along the way, and I still agree with their content but it took until now (22 years out of U.C.L.A.) to fully dethrone King Intellect and realize the comfortable but literally unlimited power of *equal* places for body, emotion, and psychic mind under the direction of your Cosmic Beingness. I want to make it years easier for you!

In this book we will bring you a deep mystical experience, not as an end in itself, but as a stepping stone from the absolute dominion of mind to the freedom and power of your fully realized Cosmic Beingness. As we turn to our happy task of making this true for *you,* let me suggest that you apply the lessons of this chapter to all the rest of the book. The method of study is to use the three tools equally. Read with your physical eyes; perception belongs to the body. Digest and understand with your mind. Then taste and *feel* the power of the truth with your emotional beingness. When you harness these three tools together, the achievement of your heart's desires becomes like child's play. The

highest promises of the poets and religious leaders of all times are eager to be fulfilled by and for *you*. Dare to set your goals and dreams high enough, and let's be about the happy business of applying the next simple steps to make them manifest for you.

CHAPTER POINTS TO REMEMBER

1. The purpose of this book is to reclaim for you the magic wand of personal power through the union of your psychic and Cosmic natures. You have the power to bring your every desire into magnificently beautiful manifestation when you reclaim that magic wand.
2. We will accept our dominion and power wherever we find it—not hesitating to borrow the strength and essence of any system. You will build a system that works perfectly for you, and when it works you won't care what name other people may hang on it.
3. The world may have taught you to ignore your own power, but you were born completely psychic. As we understand the Cosmic Being that is the real you, these psychic powers will come back naturally and you will find many practical uses for them.
4. Nature intended you to be rich. We will teach you to switch the current from man's ideas of scarcity to nature's methods of abundance and material wealth.
5. When you understand the nature of your Cosmic Self, you will find the power to enjoy people and bring out the best in them in all their dealings with you. You will find yourself comfortable with other people and with *yourself*.
6. All the power of the universe is ready and eager to work through you as you harness the equally important tools of body, mind and emotion. Use them equally in your study of the rest of this book and your heart's desires may be yours in the twinkling of an eye.

How to Harness the Cosmic Light and Your Psychic Energy Centers

The "enlightenment" of Buddha, the Mount of Transfiguration, the mystic experiences of Jacob Boehme, Richard Maurice Bucke, Walt Whitman, and indeed the mystics of all ages and religions, share a common bond—the experience of Cosmic *Light*. The Master Jesus and his Disciples applied the Light practically and produced the "miracles" dutifully recorded in the Bible, while most mystics simply enjoyed it. There may be a tendency to enjoy the Light too much and a longing to spend the rest of this life just basking in it. But it is the purpose of this chapter to introduce you to the Cosmic Light and teach you to *harness it* to produce "miracles" at every level of your daily life.

THE REALITY AND POWER OF THE LIVING COSMIC LIGHT, AND HOW TO USE IT

The beginning student tends to think of the Cosmic Light as something abstract because he hasn't "seen" it. Very few of us have seen *air* either, but we recognize its reality by the effects of its presence. You will soon see that the Cosmic Light is as abundant and omnipresent as air. We manipulate the Light by a combination of imagination and mind in much the same way that we use the air by a combination of lungs and diaphragm. The Light

responds to its laws just as air responds to its own: the Cosmic Light can no more refuse to cleanse and protect you than air can refuse to enter your lungs. Whenever you are cut off from your supply of air it is because of something that you or another person did, and as soon as the block is broken the air comes back. You will find the same thing true of Cosmic Light.

THE AURIC LIGHT

Science has now discovered one form of the Light (called *bio-plasma* or *aura*) and is studying it through aura photography, now referred to as the Kirlian Effect. Indeed, the life force of your physical body is this auric Light–and literally when your Light goes out, the doctor pronounces you "dead." But the opposite is also true; when your Light is brighter, you are more fully alive, and you *feel* better, too. We will have more to say about using the Cosmic Light for healing when we have added the skills and knowledge from here to Chapter 4. But first we must learn the basics of Light Attunement and application.

Understand that as with air, you don't have to physically *see* the Light to enjoy its benefits. When imagination and mind agree that the Light is there, it is there as surely as is the air when diaphragm and lungs expand to bring it in. Thus the basic Cosmic Light Attunement is made by the simple process of pausing to visualize or imagine that you are standing or sitting in a beam of white light such as might come from a large searchlight. Let the emotional side of your nature *feel* the warmth and caress of the Light and realize that it is cleaning and brightening your aura, making you more vital and alive. When you are ready to go about your normal business, speak a thank-you to the Cosmic for the extra energy and go; never turn off the flow of Light. It gets stronger and more helpful as you build a solid channel of habitual attunement.

Some Benefits Secured

The benefits from this simple exercise vary from the concrete to a happy feeling of general well-being. M.Y. reported: "I was in Tijuana at the dog races. It had been a fun evening, and I was a little bit ahead. Just before the last race I paused for a brief

attunement with the Light. In that instant, the numbers 7 and 8 kept flashing in my head. I took the hint, hurried to the window and bet $2 on the quinella using the numbers 7 and 8. It won and paid me $162!"

The most common result is typified by this report from H.O.: "I used to think I worked in a madhouse. But since I've started my Light Attunements morning, noon and evening, things are different. My fellow workers seem to go out of their way to be nice to me. I seem to get more done in less time, and yesterday I was notified of a raise that is a good $20 more than I had hoped for. I'll never stop using those Light Attunements!"

But whether or not you recognize any immediate benefits, the practice of touching the Light twice daily even if just for a moment will build the foundation on which we will erect the machinery of your certain success.

THE CHAKRAS OR PSYCHIC ENERGY CENTERS–YOUR SOURCE OF INFINITE POWER

In the tradition of true eclectics we borrowed the Cosmic Light from our mystic friends. Now it's time to borrow the chakras from Vedanta or Hinduism, but we should realize that they actually were understood also by the ancient Egyptians. The caduceus which is the symbol of our modern medical profession comes to us from ancient Egypt as the symbol of an enlightened soul who has mastered the energy of the psychic centers. The acupuncturist will argue that there are many other energy centers in the body, and he is right, but the most important are the seven we will consider here. Let's begin by listing them in the order in which they appear up the spine and into the head. (See next page.) We will include some correspondences that will become increasingly useful as our work unfolds.

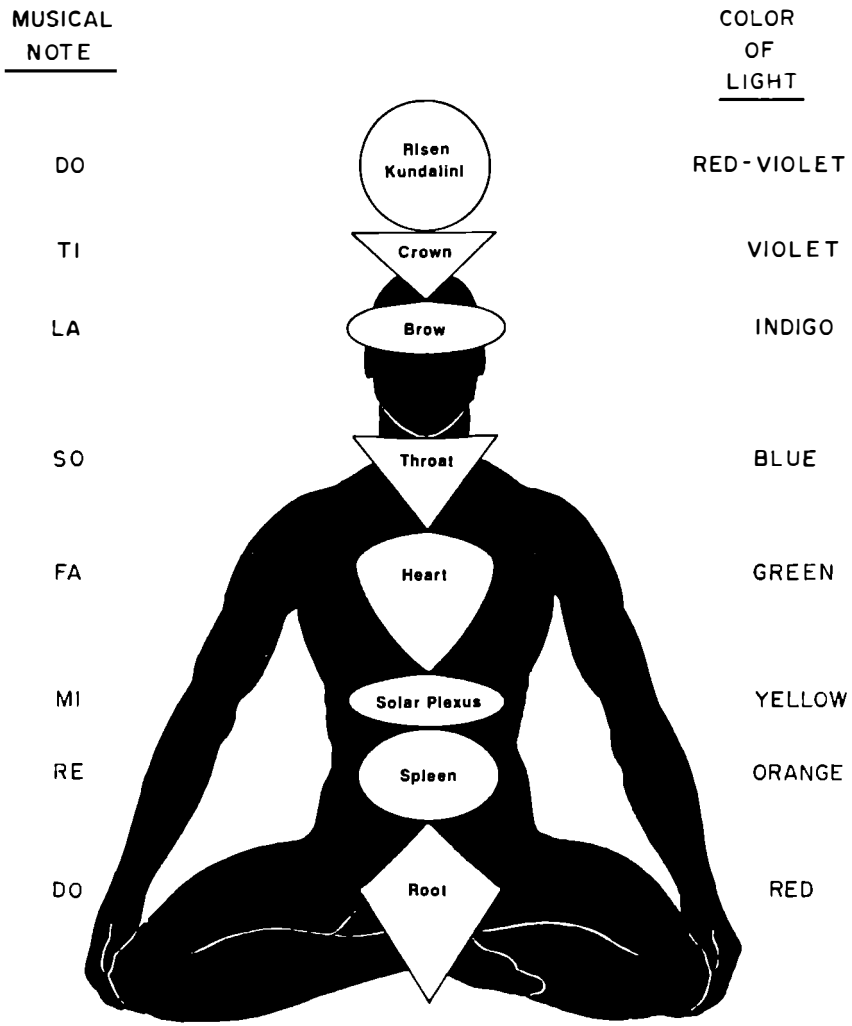
You serious students of the occult have encountered many different systems of color in relation to the chakras with varying degrees of usefulness. This particular system was brought to me in a semi-trance state by a spirit being in whom I have great confidence, but its sheer logic is appealing. We will demonstrate its tremendous practical usefulness as these pages and chapters unfold for you.

The Psychic Centers and Their Correlation to Light and Sound

Psychic Center	Color of Light	Muscial Note	Governed Area of Human Manifestation
Root	Red	Do	Physical vitality, healing, material power, personal magnetism
Spleen	Orange	Re	Mental clarity, intellect, power of logical thought
Solar Plexus	Yellow	Mi	Aspiration, intuition, mood sensitivity
Heart	Green	Fa	Love, givingness, growth, prosperity, wealth
Throat	Blue	So	Healing, creativity, thoughtform control
Brow	Indigo	La	Psychic ability, mediumship
Crown	Violet	Ti	Spiritual power and fulfillment
Then—			
Risen Kundalini	Red Violet	Do	Enlightment, Cosmic consciousness, Satori Samadhi

Function of the Psychic Centers

Understand the chakras (psychic centers) as energy sources of varying frequency. When they are open, tuned and vibrating in resonance, the whole organism is at a peak of effectiveness and power. Similarly, when just one psychic center is blocked or weakened, it detracts from the resonance and power of all the other centers. The student who learns to focus and balance the energies of the psychic centers has built his own Aladdin's Lamp, complete with omnipotent genie who serves his master without the slightest hesitation. For a more detailed discussion of the psychic centers, see the first chapter of my book, *Helping Yourself with ESP* (Parker Publishing Company). Our purpose now is not to discuss them but to *use* them with great proficiency.



PSYCHIC CENTERS AND THEIR CORRELATION
TO LIGHT AND SOUND

HOW TO CLEAN AND TUNE YOUR ENERGY CENTERS WITH THE LIVING LIGHT – A BASIC PSYCHIC DEVELOPMENT EXERCISE

The purpose of the daily exercise we will present now is to use the Cosmic Light to amplify the power of your psychic energy centers. Let's apply the basic exercise first; then we can discuss useful variations for special purposes.

PSYCHIC DEVELOPMENT EXERCISE

Step 1: Make the basic Cosmic Light Attunement. Feel the loving caress of the Cosmic Light as it beams down on you in a shaft of white brilliance. Let the Light flow into your mind, cleansing it and producing an attitude of positive expectation. Let the Light flow through your body; feel it relax, cleanse and heal your body.

Step 2: Build a mental image (thoughtform) of a magnifying glass in three-dimensional living color. Make it as bright and real as you can. We will use it to focus the Cosmic Light in the same way you would use a real magnifying glass to focus the sun's rays and burn a hole in a piece of paper. Direct your mental magnifying glass to float around behind you and position itself in the shaft of Cosmic Light to focus a good measure of Light on the base of your spine at your root center. Feel the gentle warmth and tingling as the purification process begins; then feel the beautiful red flame of the root center as it grows and whirls; and as the center expands, feel a surge of vitality flowing into your physical body. Feel the blood dancing in your veins while every cell of your body vibrates with fresh life energy. Accept this as a wonderful first step in your balanced unfoldment, and:

Step 3: Lift your focused Cosmic Light to your spleen center. (For this purpose, you will find the spleen energy center along the spine about halfway between the root center and the solar plexus.) Feel the brilliant orange flame of the spleen center grow and whirl, and as this center expands, feel the sharpening of your mental faculties. Feel how much more readily you handle impressions and concepts whether they reach you through the "normal" five senses or from your psychic receptors. Feel the orange flame washing away any blocks of anxiety, resentment or confusion that may have been in the way of your clear thinking.

Feel your mind getting sharper and sharper, and accept this as an excellent second step in your balanced unfoldment.

Step 4: Lift your focused Cosmic Light to your solar plexus center. Feel the bright yellow flame grow and whirl, and as this center expands, feel your growing sense of aspiration and a positive quickening of your intuition and mood sensitivity. Feel the bright yellow flame setting up magnets in your aura to attract people and conditions that are positive, constructive and uplifting, and to repel the other kind. Thus it helps you maintain your poise and effectiveness in all situations and is another excellent step in your balanced unfoldment.

Step 5: Lift your focused Cosmic Light to your heart center, and feel the gorgeous green flame begin to grow and whirl. Enjoy the richness of the shading (feel it whether you see it or not)—from the pale greens of new growth, through the richer greens of love and givingness, ripening to the deep greens of the harvest, abundance and prosperity. As the center expands, feel it reaching out to bathe all mankind with its goodness. That's part of the natural givingness of the heart center, but there is no danger of an energy loss. You are positively connecting all of your centers to the Infinite Energy, so there is all you can use or give away, and always plenty to spare. In spare moments you may meditate on the symbolic balance of the heart center as a point of pure love between the heat of the lower centers and the sharp coldness of the higher centers, but in the exercise it is best to continue:

Step 6: Lift your focused Cosmic Light to your throat center, and feel the sparkling electric blue flame as it grows and whirls. As this center expands, feel the powerful flow of healing, creative energy just tumbling and bubbling into your life expression. Feel it directing the healing of your mind, body and affairs, and accept its creative power as the fresh solution to any immediate problems, and the inspiration to new undertakings. Bask in the sparkling creative blue atmosphere, and:

Step 7: Lift your focused Cosmic Light to your brow center. Take a few extra moments to be sure the Light has time to cleanse and purify the indigo flame, then let it grow and whirl; as the center expands, feel it open the symbolic trapdoor in the center of your forehead, opening your complete receptivity to the higher psychic realms. Know that in the bright indigo flame you

are perfectly safe. You are responsive and receptive only to the highest, the best and the true. Then feel the loving presence of your spirit teachers and loved ones who always draw near at this point in your exercise. Greet your spirit friends in love and invite them to participate to the fullest, not only in the rest of the exercise but also in all of your life activities. Enjoy the beauty of the spirit response, and:

Step 8: Lift your focused Cosmic Light to your crown center and feel the brilliant violet flame as it grows and whirls. Feel it whirling like a huge, flat violet diamond there in the top of your head; as the center expands, feel it open a vortex of receptivity to the tangible response of your own highest concept of God. Feel it penetrate not just your physical body, but the astral and mental as well, and know that you can go out the vortex just as easily as the responses can come in. Be ready to go out, but first:

Step 9: Pause to *feel* all of your centers vibrating at a peak of effectiveness. Feel the power in your aura. You are bringing the Infinite Energy in through your centers, letting it flow into your aura to clean and brighten it and flow forth from you as a stream of good. When you are in this condition, you must have an uplifting effect on everyone who comes near you, and certainly nobody else's negativity can rub off on you. It would have to be burned up or at least washed away; it can't stick to that stream of good. Thus we strive always to keep our centers "turned on," and do nothing to diminish that powerful energy flow. And it is from this happy "turned-on" condition that we seek the full power of the mystic experience–not as an escape, but to add richness, meaning and *effectiveness* to all areas of your life.

Step 10: Return your attention to your root center, and *will* the beautiful red flame to well up bright and pure, and begin to rise up the serpent channels of your spine through each psychic center in turn. Feel the power gather the energy, the color, the beauty and essence of each center as it rises, blending them into a magnificent whole. As the energy reaches the crown center, feel it complete a perfect wheel of living, flaming color by blending the red and violet flames to produce the red-violet.

Step 11: Let the energy expand right out the vortex we opened in the top of your head, taking your consciousness along

to the ceiling; let it expand again and again until you feel that you are touching your own highest concept of God. Feel the loving response from the Infinite in its most personal form. Bask in it, and willingly share it in oneness with all that is. When you are ready to come back, bring the oneness back with you and turn it into complete effectiveness in your every undertaking, and positive, happy peace in your environment. When you are "back," give thanks for the joy and privilege of sharing the Light and for the fresh power of accomplishment you feel with you forevermore.

Note the emphasis on "feeling"—you don't have to "see" a Light to have this most powerful Cosmic Force work for you. *Feel* that it is working and it is so!

TYPICAL RESULTS FROM THE PSYCHIC DEVELOPMENT EXERCISE

We regularly get spectacular results from those who put their whole beingness into the exercise. Here is a report from a college professor, R.F.: "I had suffered from *bad* migraine headaches from as far back as I can remember. A couple of hours before I was scheduled to give a very important lecture, I felt a bad attack coming on and was afraid I would be unable to speak. With an attitude of 'Please help me,' I went through the psychic development exercise. Just as I brought the red-violet flame out the top of my head, I passed out. I slept for almost an hour and woke up completely refreshed in time to hurry off to give my lecture. That one time would be miracle enough in itself, but it was six months ago, and I have not had the slightest indication of a migraine since. The power of the Cosmic Light to heal is magnificent indeed!"

S.R. was an unwilling member of the "army of unemployed." On his first use of the exercise he reported: "I returned to my normal consciousness after the exercise with an almost irresistible urge to call my friend Charlie D., whom I had not seen in months. I made the friendly call and Charlie said: 'I've been wondering how to get hold of you. My boss needs a man with exactly your skills, and he'll pay 50¢ an hour above the going market if you'll come to work for him.' Next morning I started to work on the best job I've ever had, and it has been promised to me for as long as I want it!"

Many wonderful spirit manifestations begin with the exercise

also, but we will save that discussion for Chapter 5. How often should you use the basic psychic development exercise? I'd like to say *daily for the rest of your life.* But if you don't have time for that much, how about three times a week. The benefits will come often enough to keep you interested if you give enough of yourself to get it started.

HOW TO ACHIEVE PSYCHIC ECOLOGY: WHEN YOUR PSYCHIC ATMOSPHERE IS CLEAR, YOUR RESULTS ARE FAST AND RELIABLE

Some people would call me a heavy pipe smoker. For years, one of the negative effects of the pipe was dirty teeth. My teeth were clean and white for about four days after the dentist cleaned them, then the stain built up. I finally tried a tooth polish that said it worked with *daily* use. After the first couple of days, I wasn't sure it was any good for me, but I decided a full week would be the minimum for a good try. By the end of the week there was a noticeable brightening, and after two weeks my teeth looked as though they had had the full bit from the dentist! In much the same way, the psychic development exercise is designed to clean up your psychic environment. But one usage may seem to have no noticeable effect. The theory of a clean aura is the same as a clean anything. If you get rid of a little more dirt than comes in *each day,* then time will bring the spectacular results.

To gain maximum comfort and happiness, we should consider our psychic environment from the standpoint of the ecologist. Ecology is concerned with the accumulation of pollution from hundreds or millions of relatively insignificant sources; any single source of pollution *if it were the only one* would have no effect, but the accumulations are staggering. Similarly, one cell of your body is quite expendable, but if you lost them all, you would be without a body. Now how do we turn this sort of theory into something practical for you? If you combine the basic approach of positive thinking with your other psychic work, you are generating less pollution to be swept away by your psychic development exercise, thus there is more fresh energy available to produce the health, money, love, recognition and personal power that you naturally seek.

Benefits Secured

Here's how it worked for H.S. She is a lovely lady and a good nurse, but H.S. suffered from a feeling of lack of acceptance from her peers. Yes, she is black and the other nurses in her group are white, but H.S. proved that even the separative and distrustful tendencies of hidden prejudice can be overcome with the Cosmic Light. When she first started on the new job, H.S. called me and complained, "These people are not nasty, but it's terrible! They treat me as if I were not there, or they are stiffly polite as though they are afraid I'd sic a mob of black tribesmen on them."

She agreed to a 60-day experiment that included a twice-daily (early morning and bedtime) use of the psychic development exercise, ended by sending the Cosmic Light to all of her fellow workers. We added the challenge to a positive attitude and relaxed friendliness, *regardless* of how she was tempted to feel when she was snubbed or ignored. This is her report: "That Cosmic Light is great. I used the exercise and positive thinking as I promised. The first week was as miserable as the ones before, but I kept dwelling on our similarities rather than our differences. About the middle of the second week, Charlotte asked me to have coffee with her. After that, one by one, all the girls started to notice me as a person. I really feel we understand each other—and as you said, with understanding comes *acceptance*. It's a wonderful new world. And best of all, I know how to keep it that way."

No obstacle, not even stubborn prejudice, can stand in your way when you think and apply the Cosmic Light from the standpoint of a psychic ecologist. And the brighter you make your aura, the more people will naturally get to like you and want to do things for you.

HOW TO HARNESS THE DESTRUCTIVE/REBUILDING POWER THROUGH YOUR TURNED-ON PSYCHIC ENERGY CENTERS

Are you awed by the destructive power of a hurricane or earthquake? How about the life force that pushes a tiny blade of grass up through four inches of solid concrete? I like to call this the *Shiva Principle* because it is in tune with the interesting member of the Vedantic Trinity, Shiva, the Destroyer. Don't be intimidated! This is the bulldozer that tears down an old building

to make room for the new skyscraper, or the dynamite that blasts a tunnel through the mountain. With a little practice, you will find that *you* have the power to blast through your obstacles by using the Shiva Power of your psychic centers.

As you use the basic exercise, you will learn to direct the energy of any chosen center in a ray out in front of you. Here the creative imagination must be harnessed until you are proficient enough to demonstrate a tangible manifestation. One good way to practice is to project a ray from each center, one at a time, to a candle flame. When you can project enough energy to change the color of the flame to correspond with the color of the sending center, you are capable of harnessing the power to accomplish tremendous feats.

Power of the Throat Center

The electric blue ray of your throat center is like a burning laser beam or a sharp electric arc. It can be turned on and sent before you to break up old pockets of turmoil, confusion or bitterness.

Let's illustrate with the case of Bill B. who was chief engineer of a small electronics firm. The corporation president was a highly emotional man who seemed to be out in the plant or the offices screaming at somebody virtually all day long. Thus there was a steady atmosphere of panic and insecurity throughout the tiny company. Bill liked the challenge of his position, but was becoming a nervous wreck "like everybody else." He decided to apply the electric blue throat center energy to make his business life more peaceful.

Each morning before leaving for work, Bill sat still and turned on the bright blue center; when he could turn the candle flame almost completely blue, he directed the energy to flow in front of him to the office to burn up all the confusion and anxiety. He visualized walking into a happy, peaceful atmosphere, and commanded that the blue energy surround and protect him from all upset all day.

At first his idea was to become an "island of peace in the sea of chaos," but he regularly insisted that his island grow in size. Bill knew he was winning: things really did get peaceful around him right away, and he was having a powerful influence on the whole

organization. Within 60 days the president promoted Bill to Executive Vice President and asked him to handle all his dealings with the plant. The raise and title were nice, but to Bill the improved working conditions are really the best.

CONTROLLING THE DIRECTION OF CHANGE IS THE POWER SECRET OF THE WHOLE OF THE OCCULT

Change is inevitable! To the average person the mechanics of change strike fear and insecurity deep into his subconscious being. Human resistance to change is evident everywhere. If you learn nothing else from this book, this one idea is worth more than a million dollars to you:

THE TRIUMPHANT LIFE BELONGS TO THE PERSON WHO UNDERSTANDS CHANGE AND DIRECTS IT TO HIS ADVANTAGE!

For instance, your spouse is changing daily as a result of new experiences. You can control the direction by praising the things you like and ignoring the things you want to have fade away—whether they are habits or "things." A refinement of this technique is using the electric blue energy on the things you don't like, and the vitalizing red energy on the things you do like. We will expand this powerful idea in Chapter 6 on healing, but this example should help your understanding and spur you to exercise your psychic centers to gain the power.

An Example of Directed Focus for Beautification

M.R. had several nasty warts on her hands that had defied normal medical treatment. Three times a day for three weeks, for ten minutes each time, she practiced the simple technique of focusing the electric blue energy directly on the warts and bathing the surrounding, smooth skin with the bright red of the root center. Her happy report: "The smallest wart dropped off in just ten days, leaving fresh, clear skin underneath. By the end of the third week, all the warts were gone and my hands are as pretty and smooth as my wildest dreams for them!" Her body responded to her direction of its change—as any situation or condition will. It's in your hands now for similar benefits.

THE COSMIC LIGHT IS AS USEFUL AND PRACTICAL AS YOU LET IT BE

We will add many techniques of thoughtform building, ceremonial magic, spirit contact and simple metaphysics as this book unfolds. But the most important work you will ever do is to master the control of Cosmic Light energy through your own psychic centers. The basic psychic development exercise we have given you here is a fundamental builder of totally unlimited success in any field of endeavor. Master it well—and we will be about the happy business of helping *you* prove that the Cosmic Light is as useful and practical as you dare to let it be.

Let's close this chapter with a general report from one whom I like to call a typical student of the Light: "This is my feedback report to you after a full year of working in and with the Light. I use it regularly on my husband, and he has received one promotion and two nice raises since I started, but the nicest thing with him is his much more loving and helpful attitude. The love and *romance* are back in my marriage and it's wonderful. Also my three children's grades have improved from C's and D's to A's and B's, their attitude is simply wonderful, and the host of minor illnesses that used to be 'normal' for them has disappeared. In fact, the whole family seems regularly to be in perfect health. Yes, I know that there may be new problems in the future, but I look forward to each day with happy anticipation and the feeling that in the Light I can happily handle whatever may come. To say that my life has changed for the better may sound redundant, but it is gloriously true!"—*M.S., Montana.*

CHAPTER POINTS TO REMEMBER

1. The Cosmic Light is common to the religious experience of all people of all times, sects, and creeds. It is the power behind all "miracles," and it is available to *you.*
2. You can learn to manipulate the Cosmic Light through a combination of mental discipline and imagination. The Cosmic Light can no more refuse to work for you than air can refuse to enter your lungs.
3. Begin to use the basic Light Attunement exercise two or

three times each day–forever. The benefits will begin to pile up almost from the first day.

4. Study the seven psychic centers and understand their correlation to light and sound, as well as the area of your life which each governs.
5. Begin to use the basic psychic development exercise to clean and control your psychic centers at once. You will learn to focus and direct the infinite power of the Cosmic Light by regular use of this exercise. This is a balanced program to make a fully self-actualized, unbeatable being out of you. The increase in your basic psychic ability will be evident very early in the work, and your personal power will grow and grow with regular use.
6. Work on the positive attitude that protects your psychic ecology. As you keep your psychic atmosphere clean, your power and results will be fast and reliable.
7. You can harness the great Shiva Principle of electric blue energy to burn away any set of limiting conditions and rebuild a happy, triumphant life.
8. The power secret of the whole of the occult–and indeed of the world–is to control the direction of change. You can do it with the focused psychic center energy of Cosmic Light. The triumphant life is yours for the taking.

MIRACLE STEP 3

How to Turn Your Desires into Psychic Fields That Irresistibly Grow into Material Reality

There is a psychic energy in the touch; lovers have known this from the beginning of time. It is also evident in the religious practice of healing by the laying on of hands. In addition to the energy of the psychic centers, the powerful energy of the hands can be used to make the transition from the sometime thing of metaphysical prayer to the certainty of thoughtform manifestation. *You* have the power already, so let's get right to the techniques of *using* it in this chapter.

HOW TO EXPERIENCE THE LIVING REALITY OF PSYCHIC THOUGHT POWER BY BUILDING THE THOUGHT/ENERGY BALL

Every time the palm of your hand comes within a few inches of an object or person, there is a flow of energy. This used to be an "unverified" occult statement, but recent experiments in aura photography have clearly demonstrated the reality of this psychic energy flow between plants as well as humans and other animal organisms. Still the statement remains useless to you until you demonstrate it to yourself as the first step in a complete program

to harness the energy to bring your wishes and desires into physical manifestation.

You can harness your natural psychic energy by forming it into a ball. Sit quietly and hold your hands two or three inches apart, with the palms facing each other. Without moving your hands, take a very deep breath, hold it, and will the energy to flow between your hands. You should notice an almost immediate warmth and perhaps a gentle tingling as the energy begins to flow. Once you feel the flow started, it is not necessary to hold your breath or to be further concerned with your normal breathing process. Now you start to collect and mold the energy; begin to gently move your hands together and apart as if you were making a ball of pie crust dough. About five minutes spent in "willing" the energy flow and shaping it with your hands should produce a respectable field of energy that resists your hands coming together just as a ball of bread dough would.

Expectation of building a living reality is the key to success. A good exercise for gaining proficiency in building your energy ball is to work with it until you feel it is quite solid, then toss it at a friend who isn't looking. If he (or she) turns around to see what hit him, you have achieved the reality necessary to powerful psychic creation. We will work on ways of harnessing ceremonial magic to add greater power and reality to your energy balls in our next chapter. But now we will concern ourselves with practical uses of your budding creative ability.

HOW TO IMPREGNATE THE THOUGHT/ENERGY BALL WITH THE SEED OF YOUR SPECIAL DESIRE

We borrow the basic power of metaphysics to find a practical use for the ball of energy you are learning to build. The process called *metaphysical treatment* or *scientific prayer* involves picturing the fulfillment of your desire while in tune with the Infinite, then releasing it for manifestation. We might call this a process of elementary thoughtform building, but its disadvantage is that you must get the full power into it at one sitting; otherwise the weak energy field simply dissipates with no "demonstration."

An Example for Action with an Energy Ball

If you have built your energy ball well, it is available as a semi-tangible form which can be impregnated with the same

picture of your fulfilled desire–only this has the extra advantage of being a "living" entity already. Let's illustrate the process with this simple example: Mary had been flirting with a young man, John, and wanted him to call her on the telephone. As soon as she got home from work, she sat quietly and built the energy ball between her hands. When it felt quite solid, she began to program it by directing the indigo ray from her brow center to impregnate the ball with a picture of John holding a telephone and the words, "John, please call me." At the same time she bathed the energy ball with the green ray of love from her heart center and the pure physical vitality of the red ray from her root center. After about ten minutes, the process was complete, so she tossed the energy ball into the air with the happy instruction, "Now go and fulfill your mission." In less than half an hour Mary got her call from a friendly John who asked her for a date.

Thought Image Clarity Is Essential

Clarity of the thought image is most important in this work. A fuzzy thought will invariably bring fuzzy results. For instance, I.F.'s experience: She worked on her thought energy ball wanting a specific person to call her, but her programming thought was simply, "Call me." Next day she called me on the phone to complain: "Al, I got six phone calls last night, but they were all wrong numbers!"

Ruth C. had a good rapport with her husband and often sent him thoughtforms of foods to bring home as he passed the local grocery store. On the afternoon in question, Ruth decided too late that she wanted to make a cabbage dish for dinner. Since her husband was already on the way home, there was no chance of reaching him by telephone, so Ruth sat down and made a fast thoughtform energy ball with a picture of a cabbage in it. Sure enough, her husband stopped at the store. When he walked into the kitchen carrying a grocery bag he said, "You sent me a thought to go to the store on my way home, didn't you?" She replied, "I sure did," whereupon he reached into the bag and triumphantly produced a head of lettuce! Although we must consider this a good example of ESP, it lacks the effectiveness we seek in our work. The best way to add clarity to a food thought is to add taste and smell to your thoughtform along with the picture.

In all cases, the greater number of sense impressions (e.g., sight, touch, taste, smell, sound) you put into your energy ball, the greater will be the accuracy of attainment.

For simple, fast action results, the short form process we have just illustrated is excellent, but other tasks may take more time and thought energy. We might compare it to the difference between building a tiny dog house and a 20-story building. Longer range projects require that your thought energy ball gather extra energy to itself and work over a period of time to bring your happy manifestation.

HOW TO NURTURE YOUR TENDER THOUGHTFORMS TO INSURE THEIR GROWTH

We can expect to manifest a phone call or a quick head of cabbage with virtually no "procurement lead time," but bigger things like a new house, the perfect spouse, a business of your own, a big promotion, or an extra million dollars may logically take a little longer. Let's hasten to stress that the *same principles apply* to short and longer term thoughtform work. If you can manifest a telephone call within a half-hour consistently, there is nothing to stop you from manifesting your million dollars within a year. It is a good idea to practice regularly by building the quick action thoughtforms to gain proficiency and confidence in your ability.

The Mechanics of Thoughtform Operation

Let's look at the mechanics of thoughtform operation. The "cabbage" thoughtform has the task of gently breaking through the routine of driving to get a friendly husband's attention just long enough to register its message. But what if your husband (or wife) is a heavy drinker or a compulsive gambler and you want him to stop it? A weak little communication thoughtform would be eaten alive by his powerful habit patterns (which are actually unconsciously built thoughtforms of long standing). We might compare our thoughtforms to the world under the sea—thoughtforms are like fish, the big ones tend to eat the little ones. So how shall we go about making a thoughtform powerful enough to do a big job?

How do you get a baby fish to grow up to be a big fish? The obvious answer is safety, food, love and time. And the same is true of your thoughtforms. To handle a big job in the "cold real world," your thoughtform needs a safe place to grow up, plenty of food and loving care, and time enough to get big and strong. Choosing a place is important; your young thoughtform must not be subjected to currents of discord and doubt or any strong negative emotion. I trust that you already have a habitual place for your meditation and thoughtform building work where you strive to keep the psychic atmosphere fresh and pure. Then to get maximum effectiveness, you must think and feel about your thoughtform with the same love and tenderness you would show a much wanted child.

Some people prepare an elaborate place for the baby thoughtform while others settle for the corner of a dresser or the arm of a big chair. You can tell if you're doing enough by the way it *feels* as your work progresses. But let's be about the actual process.

How Bill H.'s Thoughtform Promoted Him to Be Manager

Here's how it worked for Bill H., who was a highly ambitious young assistant bank manager. Bill knew that with hard work and a reasonable amount of luck he would make manager in eight or ten years, but that was far too long to wait. So he decided to build a thoughtform for immediate promotion. This was clearly not a quickie project because there was much inertia in the "stodgy" banking system to be overcome.

For his thoughtform picture, Bill chose a desk nameplate that said, "William H., Manager." This was easy to see clearly in his mind. He began his work one evening at bedtime, sitting quietly in his chosen place and building the thought/energy ball between his hands. When he felt a good measure of solidity, he began to program it with the nameplate from the brow center energy. To this he added the throat center blue for overcoming opposition, the heart center green of love and prosperity, and the root center red of physical vitality.

After about 15 minutes, Bill felt he had done all he could "for now," so he tenderly placed his thoughtform ball on the edge

of his dresser. He gave it a loving pat, and said, "Be safe here and grow big and strong. I'll feed you regularly." Then he went on to bed. Next morning, Bill eagerly checked on his thoughtform. He reached out to the place where he had left it and gently picked it up between his hands. Again he fed it with the picture of the nameplate and the energy of the blue, green and red centers.

The process continued morning and evening for six weeks and Bill was regularly encouraged because he could feel his thoughtform growing in size and power. Then one morning he reached for his thoughtform, but it was gone! He went to work somewhat confused, but very hopeful, and there he received the longed-for news. The manager of his branch was being transferred to a new location and *Bill had been chosen to be the new branch manager!*

We will review the technique below to be sure you understand it:

THE SIX STEPS OF CREATION BY THOUGHTFORM ENERGY

Step #1: Build the thought/energy ball between your hands. It should be at least as big as a baseball and have a feeling of solidity and life.

Step #2: Program the thought/energy ball with the clear picture of your desired result on the indigo ray from your brow center.

Step #3: Now that it is programmed, your thought/energy ball can properly be called a thoughtform. Feed your thoughtform with the green ray from your heart center, the red ray from your root center and any other psychic center energy that seems appropriate.

Step #4: Put your thoughtform in a safe place and feed it twice a day with the clear thought of the end result and the various psychic center energies.

Step #5: When you are sure it's strong enough, send your thoughtform on its way to manifestation–or let it decide the right time and go on its own.

Step #6: Accept and enjoy the tangible manifestation that is certain to come to you.

PRACTICAL ADVANCE PLANNING: LIFE IS A FIVE-RING CIRCUS; HOW TO DECIDE WHICH RING TO WATCH

After enough practice to feel the tremendous potential of the thoughtform building process, the normal student is bubbling with enthusiasm and asks, "I want so many things, how do I decide what to work on first?"

I suggest that you line up five "easy" goals to accomplish quickly and thereby gain proficiency and confidence. There's nothing like success to build the habit of more success. But at some point, you will find that intelligent planning is essential to the balanced growth and progress that insures continued success. Yes, you can run two or more thoughtform projects in parallel, but you quickly reach a point of diminishing returns.

Just from the practical standpoint of available time, how many thoughtforms can you care for fully—or how many tiny babies can one mother nurse? For the time being let's suggest that you line up your immediate goals in their order of importance to you and start in on the one or two most important ones. We will leave the ideas of a master life plan to our next section while we consider how to handle individual problems of a complex nature.

In our basic aura research program at ESP Laboratory I have had numerous occasions to discuss electronic circuitry with well-qualified engineers. Every one of them will instinctively demand pencil and paper to diagram the circuits as we discuss them; the basic training of the engineer is to visualize all the components that go into a circuit (or a bridge for that matter) to accomplish the desired output. Many of our normal life problems are of a complexity similar to that of a detailed electronic circuit and can only be solved by an organized approach. In Chapter 3 of my book, *Helping Yourself with Psycho-Cosmic Power* (Parker Publishing Company), we spent a great deal of time on the concept of the PERT Chart which is a technique for dividing a complicated task into many sub-tasks that are monitored individually to bring the full project to completion on schedule.

If you are at all chart minded, I suggest a review of this work in *Helping Yourself with Psycho-Cosmic Power.*

For simplicity, we will illustrate with the assumption that you want to drive an automobile from Los Angeles to New York in five days. Planning for the trip would include checking the

mechanical condition of your car, procuring maps, choosing your route, and setting daily goals for the distance to be covered. The prudent traveler might also arrange reservations for places to sleep at the selected cities along the way, and a supply of travelers' checks to insure the availability of funds. We can safely state that the person who does the advance planning is much more likely to arrive at his destination on time and unflustered than the one who just gets into the car and drives off toward the rising sun.

Advancing in Steps Builds Success

But how does such a theoretical discusssion apply to your success with thoughtforms? As a general illustration, let's assume that you are a stockroom clerk and would like to be president of your company. To build a thoughtform of yourself as the company president would be a complete waste of valuable time and energy! Here the task *must* be broken down into reasonably attainable sub-goals. You will need to acquire new skills and know-how, some of which will come from hard work. The "lucky breaks" can be manufactured with thoughtforms, but you can keep each promotion only by demonstrating skill and proficiency in the new position. And you can never rise far over the "dead bodies" of "torpedoed" associates.

When you know you are ready to move up, but the next step is occupied, build a special thoughtform to *get the occupant promoted!* At the right level in an organization, this can be fun. One day I decided I'd like to be president of the company (I had worked up from controller to vice president in three years), so I walked smiling into the boss's office and said, "Hey, we're big enough now and I'd like to be president. How would you like me to promote you to chairman of the board?" Without hesitation he answered, "You've got a deal!" When the timing is planned and your homework is done, *it will work for you,* too!

MAKING YOUR LIFE PLAN–HOW TO IMPLEMENT IT, STARTING NOW

Some of the biggest businesses in this country started out in the founder's garage or spare bedroom while he worked at some menial regular job to support his family. Or talk to almost any

highly successful real estate operator and you'll get a comment about his start: "Accumulating that *first* thousand dollars for venture capital was the hardest step along the way!" The age of opportunity is not behind us; it is just beginning! H. Ross Perot, the computer capitalist, parlayed his $1,000 life savings into a billion-dollar financial empire on drive and his simple secret of success, "Find a need and fill it." This all happened just a few years ago!

If you're not content with work, a couple of beers, TV, and bed so you can go back to work, *now* is the time to implement your individual plan of success. Keep firmly in mind the simple truism that the difference between accomplishment and daydreaming is the simple taking of the first step. But you can't take a step until you have decided on a direction. This is another area in which thoughtform work is highly productive. If you are among the many who lack the burning inspiration that gives you dedicated direction, the first step is logically to build a thoughtform of personal purpose and direction.

I like to think of this as a combination of economic and spiritual purpose. Find the time to build the energy ball between your hands; then on the ray of indigo from your brow center, program the energy, "You are to reveal to me my combined economic and spiritual purpose." Bathe the embryonic thoughtform in the creative blue of the throat center ray, the loving prosperity of the heart center green, the aspiration and intuition of the solar plexus center yellow, the clarity of thought of the spleen orange, and the sheer vitality of the root center red. Complete the process by setting a high spiritual tone as you cap it with the spiritual power of the crown center violet.

HOW TO COMMUNICATE WITH YOUR THOUGHTFORM

After about three days of feeding and caring for your guiding thoughtform, begin to talk with it in the evenings. You can talk to a thoughtform just as if it were another person. Tell it you have great respect for its inspiration and judgment, and you are ready to listen, now. Also be alert to the manifestation of positive help from your thoughtform. It may come in the form of a business proposition from a friend or acquaintance, as a revealing dream, or

simply as the germ of an idea that slowly takes form inside your head. *Receptivity* is the key, but take care never to abdicate your common sense and sound business judgment.

People who have used some variation of this technique have names that read like *Who's Who* in science and industry; Nickola Tesla, Thomas A. Edison, Land (of the Polaroid Camera), J. Paul Getty, H. Ross Perot, Henry Ford and Albert Einstein all talked of this form of "intangible" guidance, then backed it up with good hard work.

How Being Forced Out of a Job Led to a Better One

During the big aerospace cutbacks of the 1969-1971 period, B.R. completed his N.A.S.A.-sponsored electronic project. He had been project manager of a team that produced really outstanding results, but there were no more projects funded so he found himself without a job. A month of serious seeking convinced B. that the market for sophisticated electronics project managers was nonexistent; you might call this a forced decision to leave the field. But what to do? He built a career inspiration and guidance thoughtform and nurtured it well—there was plenty of time for it. On the fifth day, while he was bathing his thoughtform in creative blue, a voice inside his head seemed to say, "You've always enjoyed photography as a hobby. Now is the time to make a business out of it."

B. set up a studio in his living room and started with the hobby camera equipment he already had on hand. His winning personality and good business sense joined in sharpening his hobby skills to good commercial ones, and at last report B. is not only making considerably more money than he was in aerospace, but he is happy and feeling good from the direct experience of bringing special pleasure to individual people.

Simple Thoughtform Led to Riches

C.Q. was still in college, "majoring in girls," when he began to think it time to plan to get ahead in life. He built a career planning thoughtform and programmed it with the question, "What does the world need that I can do?" Within a week, the thoughtform brought him a simple idea: "You like hamburgers;

how about a good hamburger stand?" The idea caught fire in his mind, and with regular assistance from his growing career thoughtform the bare essentials were gathered to open a tiny stand the day after graduation. In less than four years there was a chain of hamburger stands, and C.Q. is today what the world would call a rich man.

HOW TO COMBINE YOUR PAINFULLY GATHERED EXPERIENCE AND SKILLS FOR CERTAIN SUCCESS

In the last section we might have discussed very detailed life planning, but too much detail builds in the rigidity that limits our potential. You have an inborn potential for success in many unrelated fields, and the higher parts of your beingness may have plans for you that are much better than your present understanding.

For most of us, the point of effectiveness is midway between the planless jellyfish who floats with the eddies and tide and the pre-programmed automation who holds course and speed regardless of any opportunity to do better. We must learn to accept life's unavoidable detours as little gifts of experience that will be invaluable later on. Then we must resist the temptations to dally along the way or waste our precious resource of time. And finally we must find the discernment to know which is which. Or as our friends in Alcoholics Anonymous so aptly put it: "Lord, give me the courage to change the things that I should change, the patience to endure the things I cannot change, and the wisdom to tell the difference."

But unlike knowledge, *wisdom* and *judgment* cannot be taught; they are the product of well-digested experience, liberally seasoned with knowledge. *Every experience you have already had is a major contributor to your good judgment–if you have let it take its place in your perspective of time.* Similarly, every skill you have mastered stands ready to contribute to your greater effectiveness in the future. There remains only the attraction of the ideal situation that allows the maximum application of your special judgment, skills and talent to bring the maximum results for yourself and the world. This is another excellent application of the thoughtform technique. Most people simply add an extra bit of

programming to the thoughtform we called the "career guidance thoughtform" in our preceding section.

If you could visualize this one, you would be *doing* it already, so the idea must be put into your thoughtform energy ball verbally, as if you were giving an extra instruction to a computer: "My ideal position (or job) will draw liberally from the special cross-section of my acquired skills and stretch them into a powerful new capability. I await your guiding instruction."

How Jack H. Triggered His Thoughtform to Action

Jack H. used this as a triggering instruction for his career guidance thoughtform. He built the first version on a Monday night. The following Monday, after careful "feeding" of the thoughtform all week had produced no visible results, he added the extra instruction: "My ideal position will draw liberally from the special cross-section of my acquired skills and stretch them into a powerful new capability. I await your guiding instruction." Again there was no apparent response, but Jack figured that he had the time to work on this since he had already been stymied in the same "low level" position for almost ten years.

The result came in the form of a telephone call Wednesday evening. It was an old friend in the building business who began: "Jack, I've made a decision. I've gone as far with this business as I can on my own. I need to bring in some fresh management techniques. Will you join my firm as Executive Vice President?" It turned out to be a perfect marriage of Jack's skills in finance, cost accounting, personnel and labor relations with his new employer's engineering and construction know-how. In less than a year, both men were taking home better than three times what they had ever made before.

HOW TO REALIZE MAXIMUM BENEFITS FROM YOUR THOUGHTFORMS

Perhaps the greatest single productive skill you will ever acquire is that of building effective thoughtforms. As in any other new undertaking, you will feel somewhat awkward and clumsy at first. Getting through the awkward stage is a matter of practice. The more thoughtforms you build, the more you will learn about them and the quicker you will acquire finesse. In addition to the

larger, one-shot "quickie" thoughtforms, try some of a more permanent variety.

I have eight permanent thoughtforms growing at strategic points around my personal altar; they have been "collected" because they work. But the experience of others is more important in showing how it can work for you, so let's borrow from the report of Marjorie T.: "What a wonderful change in my life since I built my permanent 'popularity and good humor thoughtform'! I have always wanted more companionship and fun with people than I had, but I don't want to get married. Before I built my thoughtform, I was with other people socially on an average of about once in ten days. Then I built this lovely energy ball and programmed it with a picture of me smiling and surrounded by smiling, happy people. By the third day it started to work! Now I'm trying to ration myself to just four or five times a week out—there has to be some time for cleaning the house and washing my clothes! I feed my thoughtform on red and blue energy twice a day, and compliment it every time I get an invitation—whether I accept or not. This has been going on for six months and my life is a truly happy experience. I plan to keep this thoughtform alive forever!"

If you have had even one shaky case of mental creation in the past, you will realize the tremendous potential of this thoughtform work already. If these ideas are brand new to you, it's all the more reason to try them. A life of fulfillment, prosperity and happy adventure awaits you. Start now to build the thoughtforms to make it manifest!

CHAPTER POINTS TO REMEMBER

1. Part of the energy of the "life force" will flow between your outstretched hands. A little practice will bring the ability to control this energy and mold it into the living reality of a thought/energy ball.
2. You harness the power of your thought/energy ball by programming it with a clear picture of your desire—as if it were already manifested.
3. Thoughtforms that require time to grow are cared for tenderly and "fed" twice a day with the energy from your own psychic centers.

4. Review the six-step process of creation by thoughtform. Mastery of this simple process gives you complete control of your life.
5. When you have practiced on "small" things, you are ready to use more powerful thoughtforms to attain your most cherished goals.
6. Success is certain if you plan a series of thoughtform-assisted steps from where you are now to where you want to be.
7. If you are not sure of your goals, a career guidance thoughtform is just right for bringing the inspiration that leads to fantastic success.
8. Practical thoughtform building is the most useful process of all time. Practice and practice until you have proficiency. Then *nothing* can stand in the way of your success and fulfillment.

How to Harness the Psychic Power of Ceremonial Magic

The power of a well-constructed thoughtform should be at least ten times greater than the same process in basic metaphysics. Could anything be stronger? Yes—a thoughtform well energized by ceremonial magic can be made ten times more powerful than its counterpart discussed in Chapter 3. With ceremonial magic, you take the task beyond the point of a do-it-yourself project, and harness the willing cooperation of the elementary forces of nature and the universal subconscious (as explained in this chapter).

YOUR OWN SUBCONSCIOUS AND THE ELEMENTARY FORCES AND ENTITIES OF NATURE RESPOND POSITIVELY TO CEREMONY AND RITUAL

Remember when you were a little child—the thrill of a parade, the romance of a coronation, or the fantasy that you were in a royal court with all its pomp and ceremony? As adults, we find the whole structure of our governments based on ceremony. Closer to home, we find ceremony involved in preparing and serving a good family meal—or even in getting ready to go off to work in the morning. There is an energy gain from ritual and ceremony greater than what we put into it. From the psychic view

of mankind's activities we can easily assert this useful truth: *The purpose of all ritual and ceremony is to generate and direct psychic energies to accomplish individual or group goals.*

Whether it is a simple set of habits to get you to work on time or a powerful magical activity to attract a lover or stimulate your business, the principles are the same. Energy is expended to set psychic forces in motion; then the psychic activity continues and tends to repeat itself, manifesting over and over again until fresh energy is expended to change or dissolve it. Habit is the simplest illustration.

At some time in life, you picked up a somewhat distasteful speech pattern (some of us who were in the armed forces used the classic four-letter words for everything, for instance). Then when you realized it would be advantageous to break the habit, it took a great deal of concentration and practice. The potential for bringing good into your life becomes obvious when you remember how hard it is to break a habit: imagine the power of a positive energy field (like a habit) whose only reason for being is to bring you wealth, love or fulfillment!

The primitive, elemental power of the life force itself responds automatically to well-constructed ritual. Magic is a worthy subject for detailed study. If the psychic rituals and practices we discuss in this chapter bring a desire for more detailed knowledge in this exciting related field, I happily refer you to my book, *Helping Yourself with White Witchcraft* (Parker Publishing Company, 1972). In our present work, the purpose is not to make you a full-fledged witch or ceremonial magician, but to harness great unseen power to bring your thoughtforms to "instant success"!

HOW RITUALS WORK–AMPLIFICATION OF YOUR DESIRE THOUGHTFORMS

To get our handle on this most powerful tool, let's begin with a psychic definition of the phenomenon called habit: *a powerful thoughtform that asserts definite control of mental, emotional, psychic, and physical activity.*

A bit of reflection will also show you that the thoughtform building process in our last chapter is itself a form of ritual. The daily feeding ritual for your thoughtforms is also part of building a

positive habit. To get the full significance of the power we are tapping requires some experimentation and open-minded application. For instance, we asked you to learn to direct a sharp ray of green energy from your heart center, red from the root center, etc. Now just how strong is the ray that you project? And would it be stronger if you were "turned on" emotionally? Obviously the greater flow of energy you are able to put into your thoughtforms, the greater speed and certainty of success. But what makes the energy flow for you?

Energy Source in Rituals

Consider the power of the energy summoned by the rituals of sex play, joke telling, singing, praying, or mentally reliving a vivid experience. Normally when we have a deeply emotional experience, the extra energy generated is dissipated by radiation to the surrounding atmosphere. This is harmless, but ineffective. The same energy of emotion can be gathered into your thoughtforms to provide the extra measure of power that guarantees swift and complete manifestation. So the thoughtform building process lends itself very well to the application of ceremonial magic techniques.

How Janet S. Worked Her Thoughtform

Let's see the difference with refinements of the "please call me" technique as applied by Janet S. Janet was the impatient lover type, and had found the power of her thoughtforms quite effective in getting her boyfriend, Jimmy, to call her on the telephone: it generally took him less than ten minutes after she released her message to him. But he was still the "shy" type and Janet wanted to get more action into the relationship. On the day in question, Janet ate a very light lunch in preparation. She wanted to be sure she could generate a hungry feeling after work. When she closed her switchboard, Janet hurried straight home and took a refreshing shower. She added touches of her favorite perfume and powder to enhance her feeling of romance and loveliness and sat down at her dresser mirror to work. She breathed deeply, reached for her attunement with the Infinite

Light, then raised her hands and started to build the energy ball between them.

As she felt the ball form, she sent a ray of indigo light from her brow center with a clearly formed picture of Jimmy holding her tightly in his arms. Next she glanced at her favorite picture (it was of a little girl hugging a rabbit–guaranteed to turn on the purest of love emotions). As she felt the boost to her emotional energy from the love thought, she sent the green ray from her heart center bubbling with the extra power as she repeated, "Jimmy, you love Janet."

Next she turned her attention to her empty stomach and felt powerful pangs of hunger. She directed this hungry feeling along the yellow solar plexus ray to her thoughtform as she repeated, "Jimmy, you hunger for Janet." Finally she turned her attention to her root center and felt it stimulated as she imagined a torrid seduction scene with Jimmy. As the energy welled up to the bursting point, she sent it along the red ray to her thoughtform as she repeated, "Jimmy, you must have Janet, *now!*" Then with a friendly pat, she tossed her thoughtform into the air and encouraged it, "Go get him!" Almost before she could stand up, her telephone was ringing. When she answered it, an excited Jimmy was saying, "Janet, darling, I just have to see you right away. Can I come over now and take you to dinner?" As things turned out, dinner was a bit late; but that's all right–it was what they both wanted. And since they're happily married now, no one can squawk.

The point of the illustration is the using of external or ritualistic stimulation of each psychic center you use in your thoughtform building. The more "turned on" you are, the greater power you put into the thoughtform. I have used the ideas of ritual and ceremony in the broadest possible form because we each "vibrate" to slightly different forms of stimulation–but *something* will work for everybody, and your basic knowledge of yourself will lead you to choose images and words.

BASIC RITUALS AND PRACTICES FOR PSYCHIC PROTECTION AND DEFENSE

If you have never considered the possibility of secret psychic attack, the story of Janet and Jimmy is enough to get your

attention. In this case, Janet was trying to help Jimmy do something she "knew" he wanted to do anyway. But what if *you* were Jimmy and you thought of Janet as something repulsive? Then her simple ritual (or a stronger one) would be an attempt to force you by psychic means to something against your normal inclination or freedom of choice. This or an attempt to do you physical harm by psychic means is what we must logically call *psychic attack.*

We will have more on this subject in Chapter 11. For now let's just state that psychic attack can vary in degree from a contemptuously snorted "Drop dead!" from an irked friend to extremely intricate and vicious attack or death rituals as found in the negative corners of Voodoo, Huna, witchcraft and many primitive religions. If you have never offended or annoyed anyone, and if you are so nondescript and "poor" that there's no chance of any person's ever being the slightest bit envious of you or your status, then you may be able to ignore this section—but if I were you, I still wouldn't take a chance!

How to Avoid Psychic Attack

Some of the best advice for avoiding psychic attack ever written is found in the sixth chapter of the Gospel of Luke (27-31):

> But I say unto you which hear, Love your enemies, do good to them which hate you. Bless them that curse you, and pray for them that despitefully use you. And unto him that smiteth thee on the one cheek, offer also the other; and to him that taketh away thy cloak forbid not to take thy coat also. Give to every man that asketh of thee; and of them that taketh away thy goods ask them not again. And as ye would that men should do unto you, do ye also unto them likewise.

Let's agree that none of us follow those suggestions to the letter. But every time you do otherwise, you are establishing the conditions for psychic attack. Thus you should practice at least a daily renewal of some form of psychic protection. One excellent principle of defense is to keep yourself on such a light, high level of thought and action that the lower thoughtforms float harmlessly below you. Have you ever succeeded in throwing mud on a

beam of light? When your being is to the attacking thoughtforms as light is to mud, you can rest in psychic safety.

A very good ritual to use in producing this Light-protected condition is an extension of our basic psychic development exercise. As you mentally or astrally re-enter your body, bask in the power and love of the oneness with all of creation. Then summon again the power of each of your psychic centers. Direct the rays of energy from each center to converge at a point about three feet in front of you and eye height. See a point of White Light formed by the perfect blending of the energy from the seven centers. Keep feeding the point of Light with your psychic energy and will it to grow into a bright sphere all around you. Work until you *know* that it is all around you as a perfect protector. Then clean and polish it twice a day by mentally bathing your body and your shield of Light in the cleansing White Light of the Infinite.

The Case of Maxine T.

Maxine T. worked in an office full of "harpies." The petty politics and backbiting of her fellow-workers made the otherwise excellent job an exercise in misery for her. After some discussion, I suggested a two-pronged attack: 1) "Maxine, change your mental image of your co-workers. Every time you think of them individually or as a group, see them full of compassion, friendship, cooperation and beauty." 2) "Use your balanced psychic center energy to build a sphere of perfectly protective Light around you. Be sure to renew and brighten it before leaving for work and soon after coming home. Always, as you polish your protective sphere, imagine your co-workers as friendly and cooperative."

Here is Maxine's report: "At first, I had to use my imagination completely in building my protective sphere of Light (I see it now, but it took several weeks to notice the first tiny glimmer), but I put in my best effort and worked on changing the negative images at the same time. From the very first morning, office conditions began to improve. Before the week was over, everybody in the office had commented on how they enjoyed my new bright and cheery disposition. The 'harpies' have turned into warm and wonderful people—they are even nicer to each other! That sphere of Light is the nicest 'gift' of my life."

Yes, there are "stronger" methods of protection for special

circumstances. But you dare not use them until you have mastered the technique of protecting yourself with the sphere of Light. Practice well, and in Chapter 11 we will add the power to break any obsessing condition.

BASIC RITUALS FOR GAINING PSYCHIC AND MATERIAL POWER

The white witch would call this next exercise "building the cone of power." It is the process of building a living reality which serves as a reservoir of psychic and material power: you can tap it whenever you are in a tight spot, either in a human relations tangle or a psychically dangerous situation. The beauty of this thought-form is that once it is properly built it is self-renewing and will happily serve you forever. Any powerful psychic work should be undertaken only within the protection of the well-built sphere of Light that we learned to build in our last section. When you have checked out your protection, we are ready to begin.

In order to understand fully what we seek to accomplish, let's refer to the table in Chapter 2, "The Psychic Centers and Their Correlation to Sight and Sound." They break down into three groups: group one is the lower centers, root, spleen, solar plexus; group two is the heart center, a point of balance between the high and the low; group three is the higher centers, throat, brow, crown. The reason for this grouping is to understand the relationship and control of the higher centers over the lower ones. The control and cooperation goes throat to root, brow to spleen and crown to solar plexus. A well-functioning higher center can control, reinforce and maximize the power of its lower counter-part. This lets us see easily the psychic centers most involved in our cone of power thoughtform: we will use the root-throat pair for material power in combination with the spleen-brow pair for psychic and emotional influence.

Now how about the shape? When you want a thoughtform to produce a specific result, you program it with a clear picture of the outcome and let it grow as if it were a seed, so the sphere or general seed shape is natural. Similarly, the solid sphere is the most perfect shape for our defensive thoughtforms such as the sphere of protective Light. But all of these shapes require renewal of energy or "feeding"; in other words we must take care of them to keep them able to help us. We find the ancient occult lore being

harnessed by our white witch friends in a slightly different way—the cone of power. *Cone* is merely a convenient descriptive term for the thoughtform's shape. In reality it is the cone shape of a whirlwind, or the vortex of swirling water of a whirlpool. You see the same thing when you pull the stopper out of your bathtub: the water takes on a swirling motion as it gathers the kinetic energy necessary to carry it through the drainpipe. In the dreaded phenomenon of the hurricane or typhoon, nature demonstrates the energy vortex or cone of power as a nearly ultimate weapon of destruction. But even as the destructive power of the atomic bomb has been harnessed by man for constructive generation of useful energy, so the witch's cone of power harnesses the psychic hurricane for powerful but constructive purposes.

HOW TO BUILD YOUR CONE OF POWER

Let's build your cone of power now, then harness it to bring you victory after exciting victory. Hold out your hands with palms facing each other in our normal thought/energy ball-forming manner. Next focus the blue ray from your throat center on the left side of the energy ball, and see it enter the ball with a swirling motion, entering at the left and flowing in a clockwise direction around and around the edge of the ball. Within a minute or two, the energy ball itself will begin to rotate with the blue energy. Here we will find the power of the spoken word an excellent tool. As you direct the energy, chant aloud:

Cone of power, built for me, unfailing source of energy,
Fresh strength into my aura pour, that all around me must adore.
That all of those who hear me speak, or feel my gaze, will gladly seek
The wisdom that my words impart, and friendship flowing heart to heart.
My power grows from day to day, and all who pass must look my way.
Unfailing strength for all to see, and as my will, so must it be!

Cone of Power Techniques

FEEL the power of your spoken word programming the power cone, and continue chanting as you add the red ray from

your root center, again bringing it in on the left side of your power cone thoughtform, speeding its rotation and adding the vital force of the red energy. Next add the indigo ray from your brow center and *feel* the tremendous psychic power blending into the vortex as you continue the powerful chant. Finish the power cone by blending the bright orange ray from your spleen center to insure mental clarity and sharpness in all uses of the great power. When you feel that the chanting is finished and the power cone is well built, speak to it aloud:

> You are my personal cone of power, built in the self-renewing shape of the hurricane. Hop into my aura now, and strive forevermore to fulfill your mission. You are able to gather as much power as we need to accomplish any task or win any psychic battle. I charge you to be alert and constantly work for my highest good. So must it be!

Then feel the power cone take its place in your aura, slightly behind and above your physical body. Typical reports from harnessing this power are excited and amazed at the effectiveness. D.W. reported from Rhode Island: "The warmth and friendship coming to me since I built my cone of power are nearly unbelievable. I pinch myself two or three times a day to be sure it's not a dream, then I mentally reach up and pat my power cone with a 'well done.' Even little things are fantastic—people hold open doors for me where before I was ignored. Taxicab drivers wave at me in friendship, and the place where I work has become a part of heaven. I was just promoted to office manager, and the girls threw me a victory party. You could feel the sincerity of their congratulations and their statements of loyalty. At this rate, I'll soon be one of the country's first lady Financial Vice Presidents! The world is full of warmth, love and respect. *Viva la Cone of Power!*"

How F.D. Saved His Company with His Cone of Power

F.D. of New York said: "My company had been split up into three warring factions for longer than I care to remember. Finally a board meeting was scheduled that promised to roll several heads and pass the spoils of questionable victory to the few who might

'win.' I had heard of your cone of power technique, but honestly hadn't tried it—I was too wrapped up in the squabble.

"But a week before the board meeting, I devoted an hour to building the cone of power. Then I gave it the task of healing the rift and bringing a strong company back to a peak of competitive trim. At the opening of the meeting, I asked for the floor and gave a cone-of-power inspired plea for company unity. When I finished, to my complete surprise the president announced that he felt it was time that he retired and nominated me to be his successor.

"The election was unanimous, and I'm happy to say that we are finishing the first year of my presidency with the best year in the company's history. I honestly believe that my cone of power saved the company if not from annihilation, at least from a period of bitterness and loss."

RITUALS FOR LOVE AND PROSPERITY

In our table, "The Psychic Centers and Their Correlation to Sight and Sound" (page 32), we see that the green of the heart center is associated with love and prosperity. But the loving green energy needs power from other psychic centers to be truly effective. The complementary red and blue centers are most important here. The heart green and root center red combine to attract and hold human love, while the green and blue combine to bring wealth and prosperity. We have just finished building your first permanent thoughtform, the cone of power; now let's use your accumulated knowledge and proficiency to build two more permanent ones, one for love and the other for prosperity and wealth.

For preparation, it will be necessary to designate a permanent place—a home, so to speak, for these two very important thought-forms. You can't carry everything around in your aura like the basic cone of power, so a nice area of your bedroom close to your altar or meditation place should be set aside. Clean and clear the area as you would for an honored guest—a small table or a section of the top of your chest of drawers is best. But wherever the area, you must keep it clean and clear of old papers or other clutter. For any of the ritual work, candles and incense add a nice touch of added power, but for our psychic ritual work they are

optional–if you like them, use them. Let's begin by ritually building a permanent love thoughtform.

HOW TO BUILD YOUR PERMANENT LOVE THOUGHTFORM

We should begin any ritual work by feeding and polishing your thoughtform sphere of protective Light. When you feel certain that your armor of Light is clean and bright, reach up and pat your cone-of-power thoughtform and invite its help in your work. Take a few deep diaphragmatic breaths to increase your power, and hold your hands out to begin forming the basic thought/energy ball. When your ball is well formed, begin projecting the green heart center energy into its left side. When the ball begins to rotate in your hands, program it with the power of the spoken word by chanting:

Whirl, oh ball of energy, and set the power right for me.
Love, true love, is what I seek, bring my lover, strong, not meek.
Tender, brave, compassion filled; lovely, healthy, and goodwilled.
Love of loves that lasts through all, loving winter, spring and fall,
Keep our love alive and well unless I shall reverse this spell.
Bring my lasting love to me, and as my will, so must it be!

Feel the power of your chant programming your love power cone, and continue chanting as you spice it lightly with throat center blue, then liberally with root center red. When you feel it is finished, gently carry it to the place you have prepared for it. Set it down lovingly and speak to it aloud:

"You are my personal love-attracting thoughtform cone of power. This is your special place to live and work. Do your work well. Bring and keep my fulfilling love now and forever. So must it be."

Then *let it work for you.* D.L. was a lovely and cultured widow. Her husband passed on when she was 55, leaving her no funds and no employment experience. In desperation she took a job as housekeeper-cook for a gentleman in his 80's, but she was lonely and felt thoroughly disillusioned and frustrated. When we discussed the special love-attracting thoughtform, D.L. adopted a "what have I got to lose" attitude and tried it with her typical thoroughness. Here is her happy report: "I built my love-attracting thoughtform and included some special specifications for my idea

of a perfect mate. Within ten days, a younger friend of my employer asked if I would have dinner with him on my day off. He seemed to fit the specifications so I accepted. After six months of steady association, he has asked me to marry him. He just sold his business and we will open a lovely little store together. Needless to say, I am very happy."

Take care not to dump physical objects into your permanent thoughtforms or otherwise disturb their special living quarters. If there is any doubt, take the time to rebuild and repower the cone to insure continuous effectiveness.

HOW TO BUILD YOUR PERMANENT PROSPERITY THOUGHTFORM

Whether or not you choose to go deeply into Ceremonial Magic, every human being should use the rituals to build the three basic thoughtforms: (1) the cone of personal power, (2) the love-attracting thoughtform, and (3) the prosperity thoughtform. These are the essentials to a balanced and fulfilling earthly life.

The prosperity thoughtform is built in the same basic manner as your love thoughtform. Form a good thought/energy ball between your hands and begin to spin it by feeding the heart center green energy into it from its left side. When you feel it begin to rotate, program it by using this chant in a firm, positive tone:

Whirling field of power, strong, know to me you do belong.
Your purpose, bright prosperity, that you will shower down on me.
Lucky breaks and windfalls dear, are drawn to me from far and near.
Your power grows each time we win, insuring that we'll win again,
Gifts of money, treasure troves, attract unto me now in droves.
Work now perfectly for me, and as my will, so must it be!

Feel your thoughtform grow up into a green tornado of positive power, then continue chanting as you blend in liberal amounts of throat center blue and spleen center orange for creativity and mental clarity. When the work is finished, gently carry your thoughtform to its special place, position it and give it your firm command:

"You are my personal prosperity-attracting thoughtform cone of power. Your reason for being is to continually increase my prosperity and wealth. This is your special place to live and work. I know that you will perform well from this day forth. So must it be!"

Results from this thoughtform can be as big or as small as your own appetites and expectations. Let it increase your taste from beer to champagne by happy fulfillment. Here are a couple of sample sets of results: "Two days after setting up my prosperity thoughtform, my ex-husband broke all tradition by voluntarily giving me an extra $300. And two days later I collected a bill that has been owed me for 11 months (I'd given up on it). My prosperity is growing–things are looking up for the first time in years. I treat my prosperity thoughtform with awe and reverence."–M.H.

"The court valued my building at $20,000 in my property settlement with my husband just seven months ago. But in less than a week after building my prosperity thoughtform, I got an offer of $35,000 for it, so I took it. Then the next week, after a ten-year hassle with the government over some condemned beach property, they offered me a happily generous settlement so again I took it. It is a great understatement to say that I like my prosperity thoughtform."–M.F.

Let's see you fill in your results here and top them all!

CHAPTER POINTS TO REMEMBER

1. Ceremonial Magic, even in elementary form, adds the power of nature's elementary forces and the universal subconscious to your thoughtform work.
2. Your subconscious obviously responds to ritual by developing powerful habits. Our work is to generate new habits of positive power to make all your wishes and dreams come true.
3. Magical rituals are a process whereby you *amplify* the power of your thoughtform to speed its complete manifestation.
4. Master and use the basic ritual for building your shield in the form of a protective sphere of light. Walk within this powerful protection always–and never begin any ritual work until you are sure the shield is intact and bright.

5. Your personal cone of power thoughtform gives you fresh influence and power over your surroundings and all the people around you. Build this one first and let it help you build all the other thoughtforms. This is our first "permanent" thoughtform. Build it especially well as part of sharpening your technique.
6. We recommend the permanent love thoughtform whether or not you think you need it; let it protect and enhance what you already have, or attract a wonderful new set of experiences as *you* direct.
7. The permanent prosperity thoughtform will bring financial well-being and many other forms of riches as well. Build it carefully and let these three permanent thoughtforms set up a comfortably balanced earthly life as a start toward better and better things.

MIRACLE STEP 5

How to Establish Working Contact with Your Spirit Guide or Teacher

The first four chapters of this book were designed to lay a solid groundwork and make *you* more effective, comfortable and prosperous. Now we can build a superstructure of new power for you by recognizing your place as "ball carrier" for the winning score on an effective team of powerful spirit beings. Those who recognize and "play the game" will find a whole new dimension of meaning and effectiveness entering their lives. To refuse this team membership is to continue making needless mistakes in a relatively meaningless environment. There can be only one reason for refusal–a certain puffed-up arrogance of the intellect. But the truly rational being will see it for what it is and work around it.

OVERCOMING THE ARROGANCE OF DISBELIEF IN SPIRIT ENTITY GUIDANCE

In the great civilization of the Western World, the intellect sits unchallenged upon its throne of technological achievement. It's no longer even a choice of guns or butter–technology has brought us both! But can we survive the poisonous fall-out? In the name of scientific technology, the intellect has cut us off at the roots. We no longer recognize our oneness with and utter dependence upon nature, and our spiritual heritage is in shambles. Back

near the turn of the century, great minds like Horace Greeley and Sir Arthur Conan Doyle wrote of the wonders of spirit contact and a "new" movement called "Spiritualism," but the ever growing emphasis on materialism has pushed it farther and farther into the background. Sherlock Holmes lives on, but Doyle's 14 books on spiritualism are long forgotten.

The smugness of our intellect may respond: "Well forgotten! What good is a visit from dear old departed Aunt Minnie anyway?" But the truly rational being must recognize this for the crass arrogance that it is. This is tantamount to saying that *no one who ever walked this earth knows more about any subject than I do.* And King Intellect is exposed as the despotic tyrant that he has become. But there is a big gap between exposure and reform.

We are so brainwashed by our three-dimensional thinking that the intellect continues to fight on and on: in my work at ESP Laboratory I personally spend several hours a week in spirit-controlled trance, bringing spirit guidance for members around the world. Still, there is the occasional moment when I finish a session and wake up with the intellect questioning, "Are you sure that this isn't all a figment of your imagination?" But I have a vast pattern of excellent results to lean back on now. Invariably, the sessions my intellect tries hardest to talk me out of bring me the best practical results in the long run. I mention this so you will understand that the harder your intellect seems to fight, the closer you are to outstanding success!

As a practical matter, how can *you* get your intellect far enough out of the way to prove the validity of spirit contact for yourself? Let's agree that the only acceptable proof is reasonably consistent and practically useful *results.* But do agree also that the *results* are *enough* proof. We must strike a working balance between sheer gullibility and the closed mind so aptly demonstrated by a gentleman of the Christian faith who engaged me in a negatively oriented discussion of spirit contact. When I asked him, "If the Master Jesus were to materialize in front of you right now and speak with you for five minutes, what would you tell your wife?" he answered without a moment's hesitation, "I'd tell her that I had been hypnotized."

Results the Only Proof

In the straightforward logic of high school geometry lies a

useful key. It goes by the name of "suppositional proof." This means that for the sake of the argument we momentarily assume the truth of a statement. Then we can test it by saying, "If this is true, then these *results* must follow." And this is what I ask of you for the work of this chapter: *not that you believe, but simply that you agree to suspend your disbelief*—then enter enthusiastically into the exercises and work we present and *let your results prove that it works for you.* If you have done the work of our first four chapters well, I have no doubt at all that you can succeed. You will experience spirit contact when using our easy techniques to program your progress.

ELEMENTARY METHODS OF CONTACTING YOUR SPIRIT HELPERS

Spirit contact comes naturally as we deliberately increase our awareness of the subtle parts of our body's sensory apparatus. For instance, if a friend or loved one walks silently up behind you, it is normal to sense his presence long before he actually touches you. Or have you ever felt crowded by people in an elevator even though they were not physically touching you? We are simply stating that a human being has an instinctive awareness of psychical presence which extends anywhere from several inches to several feet on all sides of the body. Let's illustrate the application of this awareness to spirit contact with a true story:

How Jack G. Contacted His Departed Father

Jack G.'s father had departed from his physical body about six months before this experience. Their relationship had not been particularly close, but they had enjoyed teasing or "needling" each other when they did get together over the years. Let's allow Jack to tell about this occurrence in his own words: "My wife had just gone to the bathroom to begin the 20-minute ritual of soaps and creams she enjoys before going to bed. I sat down in a straight-backed chair at my altar for my evening meditation. My mind was on a business problem and I'll swear I hadn't thought of my father for at least a couple of months. After about five minutes, I heard soft footsteps enter the room and walk up behind me. I sensed a presence and turned around to see what my wife wanted, but there was not a physical body in the room (except mine, of

course). Then I had a powerful feeling of being teased, and I understood. I said, 'Hi, Pop!' Soon the presence was gone, but I had a good solution to my business problem. No amount of logic can convince me that I did not have a visit from my father that night. He has dropped in occasionally since, but that was by far the most vivid experience."

This is a typical case of elementary spirit contact and it is of immediate usefulness to you because it does not require a long period of developing your extrasensory faculties of clairvoyance, clairaudience or the like. You can start using it *now.*

A Simple Psychic Game

To sharpen your ability to sense a presence, make a game with one or more friends: practice "sneaking up" behind each other, not to startle or scare, but to stand still and wait to be recognized. When you are thinking about sensing the friend's presence, you will begin to notice fairly regular "false alarms." This happens when your sensors pick up a spirit presence. Don't let your intellect shrug it off as nerves or your imagination. You can shortly show yourself the practical usefulness of noticing these subtle but increasingly real indications that you are essentially never alone.

You will find another "game" useful in sharpening your sensory ability. This is best played with four or more people. Say you are "it." You are blindfolded or simply stand facing a corner of the room—it would be senseless to cheat anyway. One at a time, the others walk up very close behind you; there is a tiny touch on your elbow, then you have 30 seconds to name the person by the way the presence *feels.* When you become skilled at this, you can identify the various spirit presences in the same manner. We will present many other methods of spirit contact as we continue, but the simple sensing of spirit presence is enough to give you a good start.

ELEMENTARY AURA VISION: HOW TO SEE YOUR SPIRIT GUIDE

A little understanding of the "how to" of sensing a presence will lead to your next new faculty. There is a field of energy that surrounds and interpenetrates your physical body. In the early

1940's the Russian scientist Semyon Kirlian began studying this energy field by its effects on high voltage, high frequency electric current. The Kirlian Effect, as it is called, is being studied in several American Universities today. Kirlian called the energy field Bioplasma, but occultists and spiritualists the world over have called it *aura.*

What an Aura Is

The aura is a subtly self-luminous energy field that completely surrounds any physical object, but is much brighter and bigger around living organisms. It is awareness of the entry of energy from another aura into our own that causes the sensing of a presence, but we have much more to do with aura now. We will soon show you that spirits have aura, too, but that showing requires that you learn to see aura yourself.

In my many years of classwork at ESP Laboratory it has been my experience that I can teach about 60 percent of the people who come to us to see aura in less than five minutes; another 20 percent get it within three or four class sessions; 10 percent may take as long as six months to get it; while the last 10 percent decide that the rest of us are hallucinating and leave. Let's assume that you are in the easy 60 percent and try a simple aura-seeing technique:

Technique for Seeing the Aura

The "trick" to seeing aura is in the way you use your eyes—it partakes of the night vision techniques taught to our pilots and lookouts since before World War II. I suggest a chair placed comfortably in front of a mirror so that as you look at your reflection it shows up on a clear background. (Wildly patterned wall paper for instance will so distract your mental processes that the subtle auric light will not be noticed.) The lighting in the room should be subdued and not distracting—a brightness akin to early twilight is best. But don't make your preparations too elaborate; once you get used to seeing aura, you can see it easily in almost any level of light intensity. Now you are ready.

Sit comfortably in front of your mirror and pick out a spot

about six inches above your head and two feet behind you. Stare intently at your chosen spot in space, but with your peripheral vision watch the area around your head and shoulders. In five minutes or less you should see at least a thin line of white or pale blue light outlining your head and body. *That is the first or inner layer of your aura.* With a week's practice (say ten minutes twice a day), you should be easily seeing subtler layers of light extending from one to several feet in an egg shape around your body. Regular practice will add the sensations of color to your aura vision; then reference to the psychic center colors will give you good clues to the mood and psychological orientation of the aura's owner.

As you practice, try to learn what you're doing with your eyes when you see aura the most clearly. Shortly you should be able to see your aura naturally whenever you glance into a mirror. Similarly, you will begin to notice aura around your friends and household pets. Try to develop the natural habit of seeing every one you meet not just as a body, but as a body with an aura. This should add a fresh level of reality to your thoughtform work, too, because you should begin to see them as bright balls or vortices of auric light.

An Engineer's Experience

An engineer, D.S., had these comments on the aura exercise: "I have been using your aura vision exercise twice a day for just over a week. It's fascinating. My glass-enclosed office looks down a row of drawing boards occupied by design draftsmen. This morning I glanced up and noticed the draftsmen's auras. I was raptly studying the closest one when I noticed a golden shape taking form within it. As I watched, the shape became more and more definitely formed until it suddenly broke loose and seemed to float away. At that moment, the draftsman leaned back with a satisfied expression and I realized that he had completed a section of his drawing–*and I had observed the creation of its thoughtform.* I now understand the living reality of thoughtforms as you have been explaining it."

How Auras Can Be Seen at Any Time

With this amount of background you are also prepared to see your spirit friends. You may simply glance up from a book and

notice one or more spirit auras in the room; or seated in meditation in front of a mirror, when you sense a presence you can glance into the mirror and see your spirit visitor's aura.

HOW TO DEVELOP AND PERFECT A WORKING RELATIONSHIP WITH YOUR SPIRIT GUIDES AND TEACHERS

Your budding aura vision often brings a bit of minor frustration with the early spirit contacts. It's not at all unusual to glance up from a book and see a couple of spirit auras walking through your living room—but when you speak to them you are ignored. It is quite possible for a spirit to be so wrapped up in his own world that he doesn't notice you at all! But isn't that fair? After all, you have ignored them for years.

Your chosen place of meditation in front of a mirror is a different case, however. Now, you will sense a spirit presence and look for its aura in the mirror. When you greet the spirit with a friendly, "Hi there," you should expect a positive response. But again there is the possibility of some early frustrations. The more highly evolved spirits generally answer telepathically. But if the adrenalin is flowing madly and the hair is standing up on the back of your neck, you are in no condition to recognize a telepathic input. The trick here is to accept this as the development phase that it is. Apologize to the spirit for being too uptight to receive the message, but invite the continued presence so you can get past the crawly-skin stage by simple familiarity. This is as natural a part of life as greeting an old friend who has knocked on your front door, even though it doesn't seem so at first.

How to Sharpen Your Aura Vision

A regularly scheduled meditation period—say 15 minutes shortly before bedtime *each* night—will quickly see you past the anxiety and uneasiness into a happy condition of shared comradeship. And the more you can relax, the more you will notice the many subtle ways your spirit friends have of making themselves known to you. It is quite normal to hear tiny knocks and rappings

on the walls, ceiling and even the furniture close to your meditation place. You may feel a gentle breeze on your cheek (with all the windows closed), hear a faint voice, see a few vague pictures inside your head, or simply seem to feel yourself being hugged. We might liken this to the first social development of a young child. The psychologist will tell you that two tiny tots may simply sit back to back touching each other and derive a good deal of social growth in the process. We must think of ourselves as children in this new area of contact and resolve to *enjoy* the slightest manifestation of spirit company, and thus grow in our ability to experience the more sophisticated contacts.

How Sarah R. Experienced Her First Contact

Many wonderful things happen to you even during the getting acquainted period. Sarah R. had planned to leave town on her first day of vacation. She had just begun her seeking of spirit contact, and at her evening spirit contact period the night before she was to leave she experienced her first clear contact. As she reported: "It was only my fourth evening of seeking spirit contact, and I was tired, but since I was leaving town the next day I decided to try. Alone in my silent room, I distinctly heard a voice saying one sentence: 'Play Bingo tomorrow night and leave on your trip the next day.' I was startled and asked that the message be repeated, but the only response was a wave of energy that sent a cold shiver up my spine. It scared me enough so that I took the spirit advice. And not only did I win $100 at the Bingo game, but the train I would have taken was derailed and everyone in the car I would have been in was injured. The next day I left on my trip, giving mighty thanks for the spirit help. You can bet I'll keep up my seeking of spirit contact."

A PARTICULAR WORD OF ADVICE

You never know when a virtually priceless bit of spirit guidance will come through for you, so keep a happy anticipation as you practice getting acquainted with your spirit friends and guides.

A SHORT RITUAL TO IMPROVE YOUR CONTACT WITH YOUR SPIRIT HELPERS

We should always stress the idea of friendship with your spirit helpers. It is natural for you to want to do nice things for your friends, and the same is true of spirit beings in their attitude toward you. If you were inviting the normal three-dimensional type of friends to visit you in your home, you would try to make the atmosphere as pleasant and congenial as possible, including some form of tangible hospitality, like food and beverages.

Your spirit friends no longer need physical food and drink, but they can still enjoy light essences of various types. Thus we find the tradition of candles and incense firmly rooted in the occult and spiritualist movements. We have already suggested a small mirror and unpatterned wall behind you. Now we might add a couple of nice candleholders and an incense burner in a small area in front of your mirror. Then we can bow to the old traditions and call this little nook your personal altar.

When you are alert you will experience contact with your spirit helpers in many different places, but I consider a well-equipped little altar nook essential to the deeper work. Your awareness of spirit phenomena will naturally increase at your altar out of the habit of associating the specific location with spirit contact—and you need a good place to store your growing thoughtforms anyway.

Essentials of a Ritual

Now let's get to a ritual for improving your overall spirit contact work. Remember that the purpose of occult ritual is to produce a mood and/or working thoughtforms. Mood is of great importance here since the higher spirits will come in only when the psychic atmosphere is comfortable and your mood is unburdened.

Never attempt spirit contact when you are angry or too up-tight; the results will be zero or negative at those times. Preparation of *you* should include at least a symbolic washing of the hands to break any negative ties to the outside world. Then go to your altar with a lighthearted mood of happy anticipation.

First Ritual Step

The ritual itself should begin by lighting your altar candles and a piece of a floral incense (Jasmine, Carnation, Rose, etc.). Next reach for your normal attunement with the White Light and direct it to clean and reinforce your protective sphere of Psychic Light. When you know that your protection is in good shape, begin to send love and a rich green light to fill the whole area around your altar as you chant:

Oh Spirit Band, who work with me, a good team member I would be.
Please touch me with your guidance bright, inspire and lead me with your Light.
And if you have an easy way, a little touch I'd like today,
A gentle pat in friendship dear, perhaps a few words in my ear.
It's comradeship that I desire to build the teamwork you require.
We'll build our teamwork happily, and ever more effective be.

Feel your love and green light filling the room to make your spirit people comfortable as you use the chant three or four times. Then sit quietly with your awareness sharp to sense the spirit presence or touch, to look for spirit auras in your mirror, and to listen for the voices or strongly formed thoughts that are projected to you. Alternate chanting and sending love to your spirit band with periods of silent awareness until you feel that the session is ended. Then thank your friends aloud, with a statement like: "Good spirits, I appreciate your visit and invite you to be with me always. I will strive to be alert to your guidance at all times and become an ever more effective member of this team. Blessed be."

What to Expect

What may you expect to happen during such a ritual? Results range from a multimillion dollar idea to a cured hangnail, with everything in between. A lovely schoolteacher from Georgia reported: "I was having excruciating pains in my back; I couldn't go to the doctor as he wasn't in his office. That night, I tried my spirit contact ritual and asked for help. During the ritual I felt a

spirit hovering over me, but seemed to receive no message. When I got up from the ritual, the pains were gone. I had a good night's sleep and have felt wonderful ever since. I must have attracted a healing spirit unexpectedly. Anyway, I like it!"

HOW C.M.'S SPIRIT HELPER KEPT HER FROM A SERIOUS ACCIDENT

Age is not a barrier to spirit contact. People from six to 90 find regular help. This report is from one of our teenage members of ESP Lab, C.M.: "On Monday my Spirit Teacher spoke to me for the first time. My mom asked me to cook some artichokes in the pressure cooker. Somehow I had a very uneasy feeling about it. While the artichokes were cooking, I heard a voice inside my head saying, 'Get out of the kitchen. Go sit in the dining room.' It repeated many times, becoming more and more urgent. Finally I obeyed. In about 30 seconds I heard an explosion! The pressure cooker blew up. Had I stayed in the kitchen I would have been badly injured. I have been thanking God and my Spirit Teacher all week. And I thank you, Al, for showing me how groovy our God really is."

Another Interesting Experience

Another student, M.O., reported: "I wanted a four-inch crystal ball but felt I couldn't afford the $40 to $50 they normally cost. In my spirit contact ritual I asked my spirit teachers to lead me to the place where I could buy one for a lesser price. On my day off, while doing my regular chores, I found myself in front of a novelty shop. The urge to go in and browse was strong, so I did. Soon I found a table marked 'All items $4.' And on it was one four-inch crystal ball. I checked with the clerk and bought it for the $4! That's what I call real spirit help."

But do note that in each case there was a requirement for *action* under the inspiration of the spirit help. Either person could have shrugged the guidance off as "imagination" and been the worse for ignoring it. The challenge is to *you*. Develop your own spirit contact and appear to the world to be leading a truly charmed life!

A BREATHING EXERCISE TO REDUCE THE STATIC IN YOUR SPIRIT CONTACTS

We will have more to say about breathing in Chapter 10, but a start here can eliminate much static from your budding ability to contact spirit people. Any tension or anxiety will act just like static on a radio and interfere with your spirit contacts. Thus the simple elimination of tension will prove to be a powerful force for improving your receptivity. Teachers of Yoga offer us marvelously complicated breath-cleansing techniques, but nothing is quite so powerful as the simple process of deep diaphragmatic breathing. This is the natural way to breathe, and its development will bring many health benefits as well as improved spirit contact.

About 95 percent of the population of the United States doesn't know how to breathe! Pay attention to your own breathing process for a moment. I'll bet you feel the flow of air low in your nose near the entrance; that's because you are using your chest muscles to breathe and are restricting the air intake to the upper third of your lung capacity. When you are using the deep diaphragm and its lower third of the lung capacity, you will feel the air flow way up at the top of your nose and hear it making a hissing sound almost up between your eyes. I mention the noise and the feeling in your nose so that you will know for sure when you are doing it properly.

The Technique

Now let's suggest the exercise itself. Place the heel of your hand on your back at the waist or belt line with the fingers extending down over your hips. Try to feel the air going way up high in your nose as you bring the lower back muscles straight out to suck the air down deep into your diaphragm. You should feel your hand coming back with the back muscles for at least two and preferably three or four inches. Fill your lower lungs as completely as possible and hold the air down there as long as it is comfortable to do so. Then exhale fully and repeat the process. Five to ten minutes of this will bring a great deal of relaxation to the mind and body. Practice morning and evening for a few weeks to make it a natural habit. And you may insert this breathing

practice anywhere in your spirit contact ritual to add the degree of relaxation necessary to spectacularly successful results.

HOW TO PERFECT YOUR CONTACT WITH YOUR SPIRIT HELPERS

The secret of perfecting your personal spirit contact lies in the building of a sense of utter reality. When your spirit friends are as real to you as husband, wife, mother, father or uncle, your contact with them will be relaxed and natural–and that is indeed perfection.

We all must grow through the stages: First there is the fear that you will have a touch from the spirit world. Next comes the anxiety which is really a fear that you will not have a contact. But finally we grow into the sunshine of natural give and take. For over twenty years now I have had regular sessions at my own altar, and I can attest that in all that time my spirit people have never refused a call. They are with me always, just as yours will be with you. As you break down the barrier of disbelief and fear through happy experience, you will find ever greater effectiveness in all areas of your life as spirit's reward for your effort.

Some Powerful Demonstrations

Some powerful spirit manifestations border on the unbelievable, such as this report from E.F., "I'm still talking to myself and thanking my spirit friends! I was driving down the freeway in the center lane with a solid line of cars to my right and the center divider on my left, and no way to maneuver. Suddenly I saw a pair of blinding headlights coming straight at me. There was no way to avoid a head-on collision. All I could think of was to call my spirit teacher. I screamed, 'Joe, help!' and momentarily shut my eyes. I heard a crash but felt nothing. I was still driving down the freeway and the threatening vehicle had hit the car behind me. How, I'll never know, but I'm still repeating my thanks to my spirit contact!"

D.C. likes the spirit guidance he gets for his investment program. Here is his report: "For years the results of my investment program could be most charitably described as mediocre, but that's all changed now. On the first of each month I have a scheduled investment meeting with my spirit council. They

bring in the best investment counselors from their side of life and we examine my portfolio and discuss my thoughts on new additions and sales. For the nine months since the meetings started I've averaged better than $1,000 a month in realized capital gains, all my holdings are presently quoted at more than I paid for them, and I really feel that this is only a tiny beginning."

CHAPTER POINTS TO REMEMBER

1. Spirit contact is real and natural. To deny its value is to assert that no one who ever lived on earth knows more about any subject than you do–obviously folly.
2. Help your intellect get out of the way by adopting the suppositional proof technique. Simply suspend your disbelief and try. Then let the results supply your proof.
3. It is quite possible to detect or sense a spirit presence in the same way that you sense the presence of a "normal person" standing quietly beside you.
4. Use the exercises in this chapter to sharpen your awareness of presence and enhance your ability to know "who" it is.
5. Practice the technique of seeing your own aura. Once you see aura easily, you can see the auras of your spirit friends when they are nearby.
6. Adopt a regular schedule of meditation and spirit contact to develop your working relationship with your spirit helpers.
7. Practice the spirit contact ritual as part of improving your spirit contact and taking your place on the spirit team. The benefits are magnificent indeed.
8. Deep diaphragmatic breathing will help reduce your tension and anxiety, thus improving your ability to receive accurate spirit communication.
9. Often, spirit help is unbelievably wonderful. It will pay you to get in tune and get your share of fortunate experiences.

MIRACLE STEP 6

How to Use Psychic Healing Methods

You now have all the tools and equipment to become a powerful psychic/spiritual healer. It is not our purpose to send you out to put all the medical doctors out of business–their surgery, wonder drugs and ever growing understanding of the nature and functioning of the body will remain necessary for at least the balance of our lifetimes. But every advance of modern medicine brings it closer to the time when it must recognize the value of psychic diagnosis, preventive aura treatments and out-and-out psychic healing.

THE CONNECTION OF DISEASE FROM THE AURA TO THE PHYSICAL

In the early 1900's, books on both theosophy and spiritualism spoke of indications of disease appearing in the patient's aura days, weeks and even months before the beginning of physical symptoms. For many more years than that there have been "mediums" and "psychics" who warned their clients of impending physical problems from observation of the energy and color patterns of their aura. But the scientific community considered this a bunch of religious speculation–until the Kirlian Effect definitely pictured the aura of a diseased plant as different from a healthy one, *before any physical symptoms of the disease appeared.* This is indeed one of the most profound scientific

pronouncements of the century. It has led to serious study of medical diagnosis through aura (or bio-plasma as they call it) in Russia, and time will surely see the import of effective techniques of aura diagnosis into the United States.

But how can all of this be of immediate practical value to you? Consider just one logical extension of the above proven scientific fact of the Kirlian Effect. If disease proceeds from the aura to the physical body, must not healing do the same? And doesn't this put all of the so-called psychic and spiritual healing practices on a brand new scientific footing? Now we can expand your aura vision to spot physical and psychological problems in you and your loved ones *before they happen physically–and take practical steps to prevent any negative manifestations!* This is a big step toward living the healthy, triumphant life; and *you* are ready to take it *now.*

HOW TO SPOT THE PSYCHIC CAUSES OF ILL HEALTH BEFORE THEY MANIFEST

If you skimmed our last chapter because you don't feel interested or ready for spirit contact, we have given you solid reason to go back and study the sections on seeing aura. If you have practiced enough to see just the first two layers of aura, you own a practical key to consistently radiant health.

The First Auric Layer

Let's discuss the first two auric layers to be sure we're thinking about the same thing. The innermost layer extends from the skin outwards from 1/8th of an inch to about an inch and a half. This is called the *etheric* layer by many occultists, since it is associated with the etheric counterpart of the physical body. It is the heavier part of the aura, most nearly associated with the material world.

The etheric layer of the aura gives us the story of your vitality level and mood at the moment. When you feel run down or psychologically defensive, the etheric layer of your aura shrinks until it is barely visible as a bright line about an eighth of an inch around your body, but when you feel full of vitality and psychologically expansive it expands to become visible an inch or more outside your body.

Regular study of this part of your aura over a period of a couple of weeks will show you the accuracy of this statement and give you a "tell-at-a-glance" way to notice the general mood and vitality level of your friends when you bump into them.

The Second Auric Layer

We know that there are often rapid shifts in the way the body feels–remember your last sudden sore throat? One moment you felt fine, then a swallow of orange juice or soda pop hit a spot in your throat and it felt as though a knife were cutting you. Suddenly you were very sick! But in reality it was not all that sudden. The disturbance began in the second layer of your aura a week or more before you felt it in your body. If you had seen it there and taken preventive action, there would have been no sore throat! Any potential disorder of your physical body shows up in the important second layer of your aura. Thus a working acquaintance with this interesting part of you promises heretofore undreamed of control of your health.

The second layer of your aura extends from the inner layer from three to eight inches all around your body. It is considerably more misty in nature. But while the inner aura may appear a bright white or pale blue, this second layer is rich in pastel colors. Many people don't see color in this layer the first few times they try. But practice just studying the etheric aura and any bits of the second layer you *can* see, and a few weeks will bring a good measure of color perception into your developing sensory mechanism.

Clarity of Color an Important Indicator

Clarity of color more than the color itself is important. A healthy aura will contain rich golds, greens, blues and violets. You will also see occasional streaks of red and orange. You can consider yourself in good shape as long as the colors are fresh and clear. But any muddiness or brownish cast to the aura is a sign of impending trouble and should be eliminated before you leave your mirror.

HOW TO CLEAN PSYCHIC DISTURBANCES OUT OF YOUR AURA TO MAINTAIN YOUR HEALTH

Auric disturbances caused by secret psychic attack may require the special techniques we will present in Chapter 11, but the great majority of your problems can be swept out of the aura with the normal techniques we might best call aura hygiene.

The Case of F.H.

Let's study a horrible example as a way to learn. F.H. was suffering both from clinging to a broken romance and from a dying business venture. The self-inflicted emotional pressure was quite literally unbearable. Over a period of several weeks, I observed her aura getting smoggier, muddier and browner. She would listen to no one, but persisted in clinging to thoughts about her misfortunes. Then one day she collapsed in her place of business and was rushed to the hospital for emergency surgery to remove a tumor that was blocking a major artery. I am completely sure that the whole thing could have been prevented with a bit of auric hygiene, and I add this strong suggestion: If the muddy brown persists in your aura, go quickly for a complete medical checkup. Why take unnecessary chances?

Now we can look at the mechanics of problems like F.H.'s. When we let the anxiety level build up too much emotional strain, the body looks for a way to escape that worst of all pains. Knowing that physical pain is easier to endure, your subconscious will set about generating a substitute—a physical condition of pain that is an excuse to give up the psychological condition. The psychosomatic side of modern medicine has recognized a good deal of this process and of course psychiatry works to reduce our emotional tensions. But you have all the tools in this book to work them out by yourself, *if you will apply them to a given situation.*

An Important Attitude to Have

The most important tool is the development of a natural attitude of optimism! This is like preventive medicine. When your emotional state is light and cheerful, you are bringing brightness into your aura. But when you get pessimistic or up tight, you're

bringing the muddiness of failure and frustration. Similarly, being close to people who are optimistic and happy lets their auras feed yours with good energy, while the overly negative aura of another will infect you. Again we find the new science of Kirlian Aura Photography confirming that the aura of a healthy person is brighter than the same person's aura when the body is "sick." Even our national television shows have occasional pictures showing the effect on the aura of psychic or spiritual healing. Thus we can assert with scientific as well as occult accuracy that anything that brightens and clears the colors in your aura contributes to the general health and well-being of the organism.

The Psychic Technique to Clean Your Aura

Beyond the common-sense measures we have been discussing, the most useful tools for healing yourself are the basic psychic development exercise (Chapter 2) to clean your aura, the focused Shiva Power of the Blue Light, and your cone of power thought-form.

The Case of S.J. Recovering from the "Flu"

Let's see how S.J. used the tools to "beat" the flu. It was a hectic time at the plant; the flu epidemic had had an average of 30 percent of the work force out at a time for an average of a week each. As a working foreman, S.J. had been hard pressed to keep up with the tight production schedules in the face of absenteeism, and consequently he was stretched pretty thin. Late one afternoon he began to feel the nausea and listlessness that were the characteristic symptoms of the current strain of flu, and several people told him how sick he looked. After work he hurried home to his altar and saw the dirty brown haze all through his aura.

Let's continue in his own words: "I decided that this was the ideal time to test the theory I had been studying (I also kicked myself for not checking my aura daily as you had suggested). I began with the complete psychic development exercise, working diligently to clean out my psychic centers. When I finished, my aura was definitely brighter, but the brown cast was still there. So I reached for the electric Shiva blue and directed it to sweep through my aura like flushing water through a radiator. After about ten minutes of this I felt drained but brighter, so I turned

on my root center red Light and basked in the life-giving psychical vitality of the red energy.

"When I looked again, my aura seemed to be bright and clear—the colors were fresh and the brownish haze was all gone. Next I decided to do some "insurance" work by building the *cone of power* thoughtform I have been putting off. I built a good one and put it on like a hat. I could see and feel its whirling power above my head. And something worked! I woke up in the morning feeling fit and full of energy, went to work and ramrodded the production schedule. I'm sure that this had a lot to do with my promotion and raise a few weeks later."

A FOUR-STEP PROGRAM FOR CONTINUING VIBRANT PERSONAL HEALTH

Maintenance of vibrant personal health carries the same price tag as liberty—constant vigilance. If your aura stays bright and clear, your health will stay good. Let's set this down as a simple four-step program:

Step 1: Maintain a positive, happy attitude at all times. Regardless of his reputation as a woman hater, the Apostle Paul gave us a most useful formula for this step when he said: "Whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things" *(Philippians 4:8).*

This includes avoiding contact with negative people wherever possible, and taking extra care to be sure you clean your aura when you know that it has been exposed to negativity of any kind.

Step 2: Use our basic psychic development exercise at least once a week to insure that your psychic centers are open and bringing in the bright, clear energy. Use it also at any time that you feel sluggish or negative yourself.

Step 3: Check your aura daily—at least morning and evening—in a mirror. Learn what it looks like when you feel good, and work on it immediately when it looks weak or depleted. Clean it with the psychic development exercise, and if you still need

work, use the Shiva power of the electric blue Light energy followed by the revitalizing root center red Light energy. If a weak aura or a brownish cast persists, seek outside help quickly. Visit a good doctor and/or a good psychic-spiritual healer. You can evaluate the results of the work of either by observing your aura after their treatment.

Step 4: Maintain a good cone of power thoughtform and charge it with the responsibility of keeping your aura clean and your body healthy.

This program should return you to and keep you in perfect health. As always there are exceptional cases that require extra outside help. If the doctor is not enough and you don't know where to find a good psychic-spiritual healer, you may write me (Al Manning) c/o ESP Laboratory, 7559 Santa Monica Boulevard, Los Angeles, Ca. 90046. We maintain a roster of known healers and will be glad to mail a listing of them for your consideration and selection.

HOW TO BECOME A CHANNEL TO BRING THE HEALING ENERGIES TO OTHERS

There is a process generally called *magnetic healing* whereby the energy of the healer's aura is transferred to the patient. This is temporarily debilitating to the healer, as has been shown by scientific aura photography. During the "down period," which lasts from five minutes to an hour, the healer is vulnerable to psychic attack or the manifestation of any latent negativity in his own aura, including what might have been picked up from the patient. Thus I feel it important to distinguish our techniques from magnetic healing; what we will now present to you is safer and more effective than magnetic healing.

The Technique

Begin with the understanding that the life force or universal healing energy is present, in potential, everywhere. You have but to become a channel or hose, plug yourself in, and let the creative power of the universe do the work. Plugging in to the energy is simple, but a short bit of ritual helps. Stand straight and tall, lift

your hands over your head with the palms up to receive energy, take a very deep diaphragmatic breath and while you hold it offer an invocation silently or aloud: "Infinite Spirit, Heavenly Father, Beloved Spirit Teachers, I reach for the Infinite Healing Energy for this one and ask your assistance in making me the channel for a perfect healing. So must it be."

Then lower your hands and bring them close together to feel the energy flowing between them. If it is one of your first times, note the direction of the energy flow to spot which hand sends (or gives the energy) and which receives.

I always start my healing work with the patient sitting comfortably in a chair with the back turned sidewise giving me easy access to his spine and so the psychic centers. Holding your receiving hand a couple of inches above the patient's head (right over the crown center), you can bring your sending hand to touch first the root center, then each center in turn up the spine. To me this is the time to note the feel of the energy flow and thus see which centers need the most work.

Centers that feel plugged get the most work; try sending through the center with both hands from the back, and/or sending the energy through the back to your receiving hand held in front of the center. Keep working on the individual centers until you feel a good flow through each. Then apply your hands like a heating pad to any afflicted part of the patient's body—touching if it is comfortable for both of you, or an inch or so away if you or he will feel better about it. (An open wound or sore is best not touched, for instance, or the problem may be in a so-called private or "taboo" part of the body.)

Next, it is good to take the patient's hands and direct the energy through them into the body, then cross your arms and repeat the process with the energy flowing the other way. The healing process itself should conclude with your receiving hand again above the patient's crown center and your sending hand directing the energy through the centers from the root up in turn to check for an open and balanced flow. When you are satisfied that the energy flow is good, pause with hands on the patient's heart and brow center to offer a prayer of thanks—again either silently or aloud: "I now give thanks for the perfect healing of this one. I see him (or her) whole, complete, pure and perfect now,

happy, growing and prosperous beyond his wildest dreams. Thanks and so must it be." Then to the patient aloud, "God bless you."

How to Avoid Picking Up Patient's Symptoms

Next understand that you have established a tie with your patient through your hands and it must be broken to keep you from picking up his symptoms. So immediately go wash your hands in cold water. After your hands are washed, do your best to instruct your patient in the four steps of self-healing and enlist maximum cooperation to prevent the wasting of your healing efforts by his poor auric hygiene.

How Results Can Vary

Results vary from the spectacular through a long "growth process"-type return to health. For instance, in our own healing work at the Lab, A.E. fainted and fell right out of the healing chair onto the floor. When he awakened after about 60 seconds, he reached for his throat and commented: "My throat was absolutely raw from a strep condition. I am under a doctor's care, but the soreness was almost unbearable until I fell out of the chair. Now it feels normal; there is no pain at all." A.E. checked in with me each week for four weeks to report that the throat had stayed completely normal—no soreness at all!

A less dramatic but perhaps more useful case was that of M.S. She was scheduled for an operation to remove two fibroid tumors on a Tuesday. The previous Sunday was the time of the psychic/-spiritual healing work with her at our Lab. There was no visible effect on Sunday, but we received a happy telephone call on Tuesday afternoon: "I went for my operation, but it didn't happen! The doctor could find no trace of the tumors."

HOW TO SEND HEALING ENERGY OVER DISTANCE (ABSENT TREATMENT)

Often you will want to help a person who is far away and cannot come to sit in your healing chair. Or you may feel that there would be too much psychological resistance from a skeptic receiving your ministrations in person. In either case, the techniques of absent healing treatment are indicated.

The Technique

To begin an absent treatment, take your deep breath and reach up with your hands for the healing energy just as if your patient were in the room with you, and use the same form of opening prayer. Then visualize the person in front of you, hold up your hands and direct the healing energy from your hands and the Blue Light energy from your throat center to bathe his aura and clean out each psychic center in turn. When the centers feel clear to you, direct the energy to any specific problems or parts of his body that need help. Then close with the prayer of thanks as if the person were with you, and *go wash your hands.*

Reported Beneficial Results

Our results at ESP Lab are excellent over distance, but let's use reports of people who have studied with us and used the energy just as you will. E.R. reported: "I consciously directed the Blue Light healing energy toward my husband who had been suffering for three months or more with a very painful knee. He had been to two doctors but got only temporary relief. When I directed the healing power of the Blue Light to him while he was at work, he immediately noticed it (though I had not told him of my action). I have since re-directed the healing power to him on four or five occasions. He had such fine improvement that I finally told him I felt he had been healed. I believe he is generating some faith in this new way, too, because he said, 'Whatever kind of stuff it is that you are using, better stick with it because my knee feels wonderful.' I am almost afraid to believe that it could be so with me, but I surely would like to be of some help or use to others."

H.Y. reported: "I used the absent healing technique to send healing energy to my mother in a distant city. The whole family had been quite concerned over her. But now the doctor reports a 'miraculous' healing of her heart condition. We had been afraid we were going to lose her, but thanks to the Blue Light work we did she is in wonderfully good health now."

OVERCOMING THE MENTAL BLOCK OF AN "INCURABLE CONDITION"

Like the water hazard in golf, the so-called *incurable con-*

dition poses a special problem to the healer. And in both cases the hazard is really in the mind! To the healer it is the subtle manifestation of residual ego, the feeling that "I have to heal this person." Couple this with the medical diagnosis of "incurable" and we find the classic frustration of irresistible force and immovable object. And just as long as *you* have to do the healing, the incurable condition will remain unchanged. But that feeling that *you* are doing the work means that you have missed the point of this whole chapter.

Yes, aura pictures will clearly show that the energy flows from you to the patient, but where did *you* get it? When you are the simple hose or channel for the energy, it will heal a hangnail, cancer, simple headache, arthritis or a runny nose with equal effectiveness. But add a mental block of "incurable" or "I have to do *this* one," and you draw a complete blank. How shall we avoid this condition of frustrated helplessness? By standing in such childlike awe of the *power* that the ego cannot possibly become puffed up . . . but how shall we find this childlike awe? Simply by practice—apply the power in enough situations that have little or no emotional value to you, and see it bring consistently positive results. Thus you build a confidence in the power based on your observation of its results.

Quality of Confidence

But your confidence is not always enough. If the patient's mind has fully accepted the "incurable" idea, it may react by blocking the treatment or even by accelerating the disease. And we also know that the disease originated as a psychic or thoughtform disturbance in the patient's aura. Thus the key to healing will be the breaking up of the causal thoughtform with the Shiva Power of the Throat Center Blue Light energy. Begin the program for your patient by building a thoughtform on top of his (or her) head. Proceed in the usual manner to build your thought/energy ball. Program it with the thought of the patient's perfect health, then turn it into a whirling vortex of energy by feeding the Throat Center Blue into it from the left side. When your thoughtform is complete, quietly give it the firm order to break up all counter thoughtforms, then proceed with the healing in the regular manner.

C.P. tried it for her husband and reported: "Thank you for the wonderful instruction. I used the Blue Light Vortex thought-form on W. and then the healing practice just as you instructed. And his condition is improving! The large lump that was in his back is no longer there. I believe that in a few months the doctors will find no trace of the condition that caused his suffering. The awful pain that W. felt is almost completely gone. I thank God and all the forces of Light. I know his body will soon be healed forever."

WHAT PSYCHIC ECOLOGY SHOULD MEAN TO YOU

Application of your new knowledge will help bring and maintain perfect health. We can never put enough emphasis on the idea of psychic ecology—maintaining a light and comfortable psychic atmosphere and keeping your aura bright. When there is tension or dissonance around you, your natural resistance to sickness is lowered. Keep a sharp watch on your own aura and the auras of all members of your family. When you see any signs of muddiness or black, brown or gray fuzz, use the aura-cleaning techniques immediately. And if you can't clean it up, get help—psychic/spiritual healing and/or good medical treatment—at once.

Find as many opportunities as possible to practice your own healing techniques and sharpen your ability as you bring help to others. Then when someone close to you needs real help, you are ready and able to deliver. Practice these techniques and let them manifest your birthright of good health.

CHAPTER POINTS TO REMEMBER

1. Kirlian Aura Photography has added scientific proof to the ancient occult truth that disease proceeds from the aura to the physical. You can prove to yourself that healing does the same.
2. The second layer of your aura (1/2 to 8 inches from the head and body) contains the clues to your future physical condition. Use the techniques of Chapter 4 to see it, and study it in detail.
3. When you become acquainted with the normal healthy patterns of your aura, you will readily see the auric signs of

approaching sickness. Then immediately use the aura-cleaning techniques to eliminate the disturbance.

4. Regular use of the four-step program will insure you continuing vibrant health.
5. Practice the healing techniques on others–both to help them and to build your proficiency for those times when you encounter a very special need for them.
6. Absent treatment is another good way to practice. You can be as effective in healing at a distance of several thousand miles as with the patient sitting in front of you.
7. Accepting the mental block of an "incurable condition" is an ego trip. *You* can't heal at all, but the Infinite Power that works through you can heal anything. Practice until you can easily get out of the way and let the power flow through to heal *anything.*
8. Regular application and practice will lead you to full acceptance of your birthright of perfect health–for you and all your family.

MIRACLE STEP 7

How to Master the Psychic Art of Friendship and Love

What kind of people make you comfortable? What kind fill you with a strong physical attraction? What kind do you deeply respect? How would *you* like to become a composite of the good points of each—or at least appear so to all who come close to you? What do people really see in each other? We know it must be more than the physical body; after all, Franklin D. Roosevelt was elected President of the United States largely on his personal charm even though he was confined to a wheel chair!

YOUR AURA IS THE KEY TO ATTRACTING GREAT FRIENDSHIP AND LOVE

The word *charisma* was popularized as a description of President John F. Kennedy, but he had no monopoly on the powerful trait. Comedians like Johnny Carson and Flip Wilson have it and it makes them rich. Roosevelt and Kennedy had it and became legends in their own times. Names like John Wayne, Marilyn Monroe and Howard Hughes magically touch your fancy with a special something, and it started in a quality of the *aura* of each one. Some people mistakenly tell you it is something you get in college, but there is as great a percentage of social clods with Ph.D.'s as without.

This means that regardless of your present education or station in life, *you* can find the key to super-successful human relations, animal magnetism and charisma. Popularity is a natural result of making people feel good when they are around you. And people around you will feel good partly from your attitude and friendly words, but mostly from the energy of your aura. This is the explanation of the famous statement of Emerson: "What you are speaks so loud, I can't hear what you say."

What you are hangs out in your aura for all who come near you to feel or sense. If *you* like what you are, this colors your aura, too, and tells people it is safe to like you. In our last chapter, we worked to clean your aura as a major part of insuring good health. Now we want to extend our auric hygiene to include your mental image of yourself because your "deep within the heart" opinion of yourself is the greatest single factor in molding other people's opinion of you. What do you really think of yourself? Are you sure?

HOW TO KNOW YOURSELF PSYCHICALLY

Here is a simple exercise that will easily put you in touch with your hidden opinions of the wonder that is *you.* Take a pad of paper and a pencil with you and sit down in front of a mirror. Give your reflection a big, friendly smile and say to it, "You're a nice person! You deserve all manner of friendship, fulfillment, prosperity and happiness." Then listen for the reaction from deep within your being. If it agrees with you, your self-image is excellent. *But* if it answers, "Oh, no, you don't," you have some work to do.

Never settle for a generally negative reply. Talk back to the image in the mirror as if it were your inner being or subconscious mind. Tell it: "A general answer is meaningless character assassination and is not acceptable. Exactly why do you feel I am not worthy?" Then write down the answers as they come to you through your psychic sense.

The Range of Reasons Can Be Quite Wide

Some of the reasons given by your inner being will be obviously silly. But they are real to the subconscious, so you must

reason with it and convince it that those reasons are not valid and should be discarded. No matter how ridiculous a thought seems, if it came from within it must be counteracted with clear logic; if you sweep it under the rug it will hold you back forever! There may also be a few honestly valid reasons why your inner self considers you "unworthy." This is the list that must be carefully recorded and lined up in a deliberate program of self-improvement. Set up your shortcomings on the list in the order of their apparent importance, and make a positive resolve to overcome them. We will have some refinements of this process in Chapter 15, but the work you do now will do wonders for your human relations.

S.L.'s Experience with Her Unworthiness

When S.L. sat at her mirror, its principal objection to her worthiness sounded like: "You have become a carping harpie to your teenage son." It didn't take her much reflection to agree that she had done little but scream at her son for several months. She agreed to try a fresh approach—she would treat her son as if he were the well-washed, short-haired, clean-shaven, well-mannered boy she expected, seeing herself as a loving but firm mother and him as an independent but cooperative son.

The transformation was magnificent! S.L. once again treated the boy as a son, and he responded with a degree of respect and cooperation she had not dared dream possible. I got a charge out of her note, "It's amazing how my son has changed for the better!" It would be better to say that as a result of understanding herself through psychic inquiry, she changed and once more became a good influence on the boy.

There are rewards for every trait or habit which you improve under the direction of the reflection in the mirror, because it has an equally clear reflection in the part of your aura that is touched by your human associates. When you feel a degree of solid comfort with yourself, we are ready to charge your aura to attract new friends and lovers.

HOW TO CHARGE YOUR AURA WITH POWERFUL MAGNETISM TO ATTRACT FRIENDS AND LOVING PEOPLE

Poise and self-assurance are not taught; they are acquired by

correcting limiting self-images as we have discussed above. But if you are sitting alone in your apartment, all the poise, charisma, and assurance in the world aren't helping. We must add a measure of powerful magnetism to attract the sort of people who will appeal to you and want to be your companions. It is always necessary to first adjust the aura (by improved self-image) so that people can be comfortable around you. Then we can use your magnetic powers to attract new friends without the wasted effort of losing them.

The Secret of Personal Magnetism

What is the psychic force that acts on people as surely as an electromagnet acts on pieces of iron? A good way to understand it is to think of your physical body as a well-designed electromagnet itself—but one that is designed to attract people! Naturally good health is a factor, thus this chapter follows the one on healing. If you are healthy, friendly and outgoing, common sense tells you that you will tend to increase your circle of friends. But there is much more to it than that; some who are quite remote and aloof seem to draw people to them. And they do just that, using the amplified magnetism of the body/aura complex. This is not one of those times to be altruistic or an ivory tower type in your approach. We're looking for the right energy to power your magnet, and it's not the soft green that you might think; it is the most powerful physical energy—*root center red.* You can harness it to draw people to you the first time you try!

The Technique of Magnetic Focus

Visualize your body as a long bar magnet stretching from root center to crown center. We're all familiar with the classic drawing of the lines of force flowing in graceful curves from one pole of a magnet to the other. To become a physical super-magnet, make an attunement with the Light as if you were starting the psychic development exercise. Use your thoughtform of a magnifying glass to focus the Light at your root center, then direct the energy to flow down and out from your root center in sweeping lines of force to curve out and re-enter your body through the crown center. Try it as an experiment just before you leave the

house (for instance, on your way to work). Get the magnetic energy flowing from your root center and leave the system turned on, taking it with you as you go about your daily routine. If you have built it at all well, you will be amazed at the difference in the way even strangers and casual acquaintances react to you.

An Example of Happiness Secured

Here is a report from a middle-aged retail sales lady, O.M., on her first try, "The general reaction to my first try with the root center red magnetic thoughtform was almost unbelievably pleasant. While driving to work I noticed that other motorists seemed exceptionally courteous to me. Before we opened for business, several of my co-workers who had seemed downright surly during the past several weeks came up to greet me with a warm 'Good morning' and inquiries about my health and well-being. All of my customers were unusually good humored toward me, and three quite handsome younger men very tactfully asked me for dates. My supervisor unexpectedly invited me to lunch (he never bought my lunch before!) and I accepted several invitations for social engagements during the next couple of weeks. This magnetic bit has opened up a whole new world of friendship and happy excitement. I'm walking around wondering what wonderful thing is going to happen next! You can bet I'll practice this thoughtform regularly after openers like this!"

My files are brimming with similar positive reports. Do try this very powerful exercise and add a topper of your own.

HOW TO KNOW HOW FAR YOU CAN TRUST A "FRIEND"

As your fresh magnetism attracts many new people into your life, you will find the need for a degree of selectivity: after all there is only so much time to enjoy people. And as always, some are attracted only for what they think they can take. We all know that not every friendly smile is sincere, that the stock in trade of the "confidence man" type is a degree of personal charm also. But the opening section of this chapter gave us the tool to tell the sincere persons from the undesirables. When you have studied your aura for a few weeks, you can tell how the patterns relate to your moods and true feelings. To get more data, practice in front

of your mirror: think of a situation you don't like at all, and mentally project your distaste while putting on your most sincere looking smile. Your aura certainly didn't smile–and the difference can be seen as well as felt. We're back to "what you are speaks so loud, I can't hear what you say."

Protection from Deceit, Disappointment . . . Even Harm

The more you make a personal science out of aura study, the more protection you will have from deceit, disappointment and even personal harm. Find opportunities to study your friends' auras, but also the auras of people you *know* you cannot trust–and learn the difference! Take care to differentiate between a sincere person who is just upset, and the insincere type who is trying to put something over. We can only give you guidelines here, because each of us will see aura slightly differently–even as individual color perception varies, particularly in areas like yellow-green or blue-green.

My favorite example of this is a homely incident: I went to a clothing store many years ago when men's clothes were a bit on the drab side. I asked the clerk for a pair of green pants. He brought me exactly what I had in mind, so I bought them. When I got home and put them on, my wife said, "My, that's a pretty pair of blue pants." About all we can say is that the clarity of the color is the best clue. Clear and bright colors show health and sincerity. Muddy colors indicate a negative use of the energy. Black in the aura means deceit or deliberate intention to do harm, browns indicate an accumulation of negativity that tends to manifest as sickness or accident, and grays are a lesser degree of the black.

Danger Signals Should Be Obeyed

When you spot a danger signal in an acquaintance's aura, the feeling side of your nature will help you understand it. Many times it should be taken as a challenge to help the person, but at other times it is best to get away quickly.

S.N. gave us a report that will help in understanding this: "Al, I'm sure that my aura study just saved my life! At a nice party, I was introduced to a very handsome gentleman who turned on a terrific amount of charm and asked me for a date the

following evening. I was very tempted—he looked and acted like the man of my dreams. But I noticed a deep black band in the second layer of his aura and it frightened me into making a polite excuse. Within a week I learned why. He was a regular Bluebeard! He was arrested on *multiple* counts of murdering his girl friends!"

How to Recognize Emotional Weak Spots

You don't often run into a problem as serious as that, but a good consciousness of aura will regularly warn you when you have stepped on an emotional weak spot or prejudice of a friend or acquaintance. This can be a good asset in your human relations because most people are ashamed to admit their prejudices: they may simply seem to cool off toward you without ever giving a reason. But if you are watching and feeling aura, you will know exactly what you said that produced a negative reaction and so can smooth it over immediately. Let's face the simple fact that none of us is perfect, and it's easier to smooth over a situation than spend years wondering why that interesting person suddenly dropped you.

How Aura Vision Helped J.H.

Here's how it saved the day for J.H. He had met Mary at a fraternity/sorority "exchange" party and their mutual interest was obvious from the beginning. By the fifth date they were "pinned" and already wondering how they could make it through the remaining two years of college if they got married.

Let's continue in J's words: "At another party, I leaned over close to Mary and whispered a wisecrack about a girl across the room who looked like she was wearing hand-me-downs. Mary pretended not to hear, but her aura filled with blacks and grays and the temperature around her seemed to drop many degrees. I realized I had somehow hit a very sensitive area, so I started sending peace and love to her and asked her to go for a little walk to get some air. Outside, I made a direct appeal: 'Look, honey, I obviously hurt you in there, but I don't understand how. Let's not let it come between us. Please tell me why my crack about that girl got you so upset.' With a bit of coaxing it came out. Mary had not had one new dress for ten years. All her clothes were handed

down from a rich cousin. And Mary had felt that I was putting her down.

"She accepted my earnest profession of ignorance and innocence, and the relationship warmed right back up. But she admitted later that she had had every intention of never seeing me again—without giving me a reason." They have been happily married for many years now—as J. would say, "Saved by an astute bit of aura vision."

After a few months of good practice, *you* will wonder how you ever got along in this world before you developed your understanding of people through their auras.

HOW TO BE EVER MORE EXCITING TO THE OPPOSITE SEX

Your growing awareness of changes in aura as the indicator of mood becomes a magnificent tool in your love life. Modern advertising, like Freud, tells us that your material society runs largely on variations of its sex drive. Everything from a white knight associated with kitchen cleaners to "kissing fresh" toothpaste works on the premise that people will buy a product because of a general inference of romance—however remote may be the logic. It works because the subtle suggestions bring a "turning on" of the aura. Now when your aura is turned on (or brightened) you feel good, and there is a chronological association with the event (for instance, seeing the sexy commercial) that builds a good feeling toward the product. But if a commercial is too crass or offensive, it will have a negative effect. Thus there is a requirement for a fine balance of suggestion and good taste.

But why are we discussing advertising? In a very real sense, these principles apply to your relations with the whole of the opposite sex. You may respond, "So what, I'm happily married." But the "so what" is the simple fact of the uncertainties of life. Don't wind up in a situation like the lovely young lady in her early fifties who suddenly became a widow. A little time passed and she realized that her own life must go on. But she found a real mental block which she expressed to me this way: "Al, I just reached the horrible conclusion that *I don't remember how to flirt!*" Yes, there was a happy ending: she applied the techniques we will give you now and entered a period of three years of intense popularity before she accepted the proposal of an ardent suitor.

MAGNETISM BUILT WITH RED ENERGY

The field of magnetism built with your red center energy will bring many people to you in a receptive mood. What an excellent time to practice being exciting! And you already have the tools–the rays of energy you learned to use for powering your permanent thoughtforms. The name of the game is *mystique*–liberally sprinkled with hints of exciting techniques of lovemaking. A touch of incongruity builds your mystique quite readily.

For instance, during a conversation on a serious subject, try shooting a ray of powerful red energy to the other person's root center. When you see the reaction in the aura, change the pace to a sharply intellectual shot of orange energy while you make a corny pun. Follow up with a quick shot of red, then the purest loving green you can summon, all the while participating in a "normal" conversation. The reaction will vary greatly between individuals: in general the dull ones will simply be confused, but the perceptive beings who would be of real interest to you will recognize that they are receiving a very special treatment. The normal reaction is to feel flattered and intrigued; wouldn't you?

As is often the case in this area, we can only suggest the rudiments of technique and suggest that you experiment to see what parts work best for you. It is safer to experiment only in groups of people–unless you would enjoy a bit of wild lovemaking with your "victim." And it should go without saying that these ideas would be *added to* your normal grooming and aura preparation to enhance you at your best, not to substitute for putting your best impression forward in all the normal areas. Take care that you practice this technique with the intention of just making the people you play with feel good and perhaps stimulating them to find a greater measure of zest for life. Combined with your growing ability to understand what you see in any person's aura, this is an exceptionally powerful tool.

How Theresa Won Her Husband

Theresa S. experimented for a full week at her altar before she tried it under "real life" conditions. This is her report: "Every single girl in our office had her cap set for the handsome assistant sales manager for months. And what's worse, he knew it. We had a

company party coming up, so I practiced in my mirror to be sure I could use the psychic center energies to tease and attract his attention. It worked like a maiden's dream—I really got him off balance for about ten minutes. Then suddenly he figured out what I was doing and challenged me on it. This turned up a burning mutual interest in the occult that brought a really different series of dates. Last night we set our wedding date. It's wonderful!"

This reminds us that the techniques border on a game of psychic/psychological one-upmanship. When you do spot it being pulled on you, enjoy playing the happy game; both auras get brighter, and there is a net positive effect regardless of the permanence of the future relationship.

HOW TO HANDLE UNREASONABLE DEMANDS ON YOU MADE UNDER THE GUISE OF FRIENDSHIP

When a "friend" wants a favor, the natural inclination is to want to help. But not all requests should be honored. Here's an example: My phone rang and the voice on the other end said, "Al, I need a bit of spiritual advice. A friend of mine got picked up for possession of marijuana. He called me and asked me to arrange for his bail. So I called a bail bondsman, but he picked up two outstanding traffic warrants on my friend and won't touch the case. Al, I could just barely swing it on my own. The bail is $250: it would wipe out my savings account and leave me just enough to eat on until my next payday. Should I do it?"

When I asked, "If the situation were reversed, would, or could, he help you?" the answer was, "Well, he *couldn't* because he has no job and no money. As to *would* he, it's hard to be sure." You could feel the compassionate nature that just would not turn its back even on a doubtfully deserving friend, so I suggested a compromise: "You still have to take care of yourself and your young son. That must be considered as at least an equal obligation. How about budgeting $50 to get your friend out. Then canvass his other friends. If you can find four more who will go $50 each to get him out, I'd go. Otherwise I'd have to say that you didn't get the friend into his multiple pickle and it would be too much of an imposition to expect you to get him out."

The key to my approach was the fact that the question had to be asked. When you are in serious doubt about a friend's

request, the odds are that it is an imposition in the name of friendship. Then the question becomes: do *you* have the inner confidence to say "No" and resist the psychic and psychological pressure that will be put on you to weaken?

HOW TO MAKE DECISIONS TO HELP FRIENDS

There is a tradition in occult and spiritualist circles that when you lay down your body and go to live on the spirit side of life there isn't money as we know it. Instead, there shows in your aura those things which you deserve on the basis of evolution and service to others. This much you get—and nothing more, until it too is *earned.* Thus those who have built strong habits of "give me" and who have the "something for nothing" syndrome tend to have a pretty bad time when they arrive in the spirit world—until they learn once more to earn their own way. Why not learn to apply this truly spiritual method of evaluating requests while you are still in your body?

The Real Measure to Use

The question is not properly the other person's *need.* It is this: did he wind up in this position of need by dint of irresponsibility and willful negligence, or has he really tried with responsibility and energy, even if it was not too well directed? Will a helping hand get him back on his feet, or will it just serve to further weaken his determination to strive to become a responsible citizen? Or, perhaps, has this person really learned a lesson so that my help will speed his return to the positive side of society?

To the trained eye, these answers are visible in the friend's aura. And whether the request is for your time or money, few of us have so much that we can say "yes" to everything. Thus this falls outside the Biblical injunction: "Judge not, lest ye be judged." Any decision you make will deprive something or somebody. Do you feel that *you* are at least equally deserving as anyone who may ask for your assistance? If not, you're in real trouble. Go into the Light and work on worthiness—use the mirror exercise to get rid of the limiting feelings, and anything else you may need to *know* that you are indeed worthy!

The Measure of True Charity

Nothing that we have said here should lessen your natural feelings of charity. You still *need* to give of your time and sustenance to help others as part of supporting your feelings of worthiness. But a willing response to your favorite charity, or support of your church, is quite different from the weakness that seeks to buy friendship by knuckling under to unreasonable demands of imposing "friends." Know yourself and you will never have to ask, "Should I do this for this person?"

"MIND READING" IS A NATURAL FUNCTION OF RAPPORT AND FRIENDSHIP

In Chapter 3 we discussed ways to build a thoughtform to deliver messages or ideas to another person. But where there is a strong bond of love, we find our thoughts and ideas naturally flowing along it. Thus we might suggest a measure of the current strength of a particular friendship as the relative number of the other person's thoughts that you are "picking up." Most of our examples seem to come from the marital relationship–for example, where the husband is driving home from work and mentally sees a pizza. So he stops at the pizza parlor, and calls his wife to say, "I got your thought and have stopped for pizza so you don't have to cook tonight." But in any close relationship there is a strong transference of thoughts and feelings–some deep, but many simply idle impulses. Then we get one friend enthusiastically starting to say, "Hey, how about . . ." and being interrupted by the other who finishes, "Sure, I'll join you for a hot fudge sundae."

Specific Benefits, Not Random Ones, Are Always Possible

We find thoughts of food frequently, but only because human beings think of food frequently. Opinions of people, political views and even bits of spiritual philosophy travel between close friends without verbalization, and the process is a strengthening force to the relationship. When a marriage or a frienship starts to slip, the first things that goes is the rapport. When you notice a slippage, pause to ask yourself, "Is it the other person's tension or disenchantment, or mine?" Your friend may simply

need some absent healing work to relax and get back to his (or her) normal good-natured rapport with you, or you may be growing in different directions and so heading for a cooling off of the relationship to a more casual basis.

If it is changing interests and different growth rates, prepare to release graciously and keep the person as a good, though temporarily distant, friend. And this is easy when you have the confidence of the early work of this chapter. You know that the right friends, lover, drinking buddies or what have you are as close as turning on the magnetism of your positive beingness. Then, because you no longer cling too tightly, you keep a good relationship with the waning friendships as well. The challenge is to apply the techniques of this chapter to lead a life of happy popularity filled with rich interpersonal relationships from this day until you lay down your body for the last time. You can do it! Enjoy it!

CHAPTER POINTS TO REMEMBER

1. Charisma and popularity result from making people feel good when they are around you or thinking about you.
2. Your real opinion of yourself transmits itself to others and influences their attitude in an aura-to-aura way. Use the mirror exercise to uncover and correct the errors in your self-image. Make it positive, happy and deserving, and people will treat you as if it were true—because it is.
3. Practice the root center exercise for amplifying your personal magnetism. Use it to attract people to you, preconditioned to like you and be receptive to your ideas.
4. By understanding your own aura, you can study the auras of your friends to recognize sincerity or lesser motives, and indeed know how far you can trust a friend.
5. Breakdowns in communications with your friends can be spotted before they get badly devisive. When you see it in your friend's aura, correct the situation quickly while there is a good measure of rapport still available to help you.
6. Practice the techniques of mystique and energy center stimulation and find yourself becoming ever more exciting to the opposite sex. You'll enjoy it, and it can enhance any relationship.

7. When you recognize an unreasonable request or pressure from a "friend," use your recognition of your own worthiness to find the inner strength to resist the temptation to try to buy friendship. Give your "no" answer with pleasantness backed up by firm confidence.
8. Thought transference is a natural part of rapport. Enjoy the psychically shared thoughts and observe their frequency: it will give you a good measure of the strength of your relationship. Thus you are well-prepared to help your friend or release him to make way for fresh deep relationships with others.

MIRACLE STEP 8

How to Control the Psychic Power of Attracting Money

A good percentage of the world would call us Americans gadget-happy. They may be right, but the steady advance of our production technology does blend with our natural adaptability to change yesterday's luxuries into today's necessities. While we need a spiritual balance, I for one don't long for the "good old days" of heating water on a wood stove, of outdoor toilets, of the horse and buggy. My idea of roughing it is that long walk from my air-conditioned apartment to my air-conditioned car to drive to my air-conditioned office. Gadgets may not bring us peace of mind, but even your meditation periods are more effective with air conditioning than while fighting 100-degree heat. Since society imposes many economic obligations on us anyway, we might as well play its game to win—it's a lot more comfortable than being a dropout.

THE ATTITUDE OF LACK ATTRACTS POVERTY; CAST IT OFF

By this point we have done enough work with aura for you to understand that your true beliefs and opinions have a definite effect on your auric energy patterns. Indeed, the old metaphysical truths, "Thoughts are things," and "Like attracts like," take on the fresh meaning that can only come from *seeing* their reality in

your aura. Thoughts or feelings of poverty and lack will muddy the greens in your aura and bring a smoggy brown cast that is there to see, and, even worse, to attract more misery and lack.

POSITIVE THINKING IN PSYCHIC WORK

It may sound like repetition, but the basics of positive thinking are the foundation of any successful occult or psychic work. We must understand that any negative feelings or reactions about your financial situation lessen your ability to improve it—and feelings of lack are essentially silly, indicating merely sloppy and unimaginative thinking. Consider the tearful folly of the spoiled wife who had become accustomed to a brand-new Cadillac each fall. She felt real self-pity when her husband announced that this year it would be necessary to forego the new car to make up for some temporary business reverses. We tend to react to her plight almost sarcastically, but remember that *there is some of the spoiled brat in all of us.*

It is easy to say to that lady, "Be happy that you have a nice car at all." But what would you say to a father in tears because he can't raise the money for an operation that would cure his crippled son? I would have to say something like this: "The heart of the universe itself must reach out in compassion to a crippled child. You know of an operation that will cure him; give thanks for it and drop the limiting thought that *you* must be the provider. Let's build a thoughtform of a successful operation for your son and then help it by bringing the story to those people who are in a position to help."

HOW INTELLIGENT USE OF YOUR AURA WILL PROSPER YOU

Why is it that the *same* set of limiting economic conditions gives some people the drive to break out and become outstanding successes, while others only sink deeper into poverty and despair? The war on poverty must be won with education and changes of attitude; the dole may be a necessary temporary expedient but it cannot be a solution. Only as each individual abandons the psychological crutches of "centuries of persecution," "I missed my one big chance," "I don't have the education," and the other stereotypes of failure, can he find the psychic power to achieve

success in anything. Because *you* are reading this book, it is a safe assumption that you have already dropped the big crutches and limiting thoughts, but the subtler ones seem to worm their way back into our habit patterns to hold us back just when we should be taking off into brilliant success.

How long has it been since you said (or thought), "I can't afford it," as an excuse to avoid a marginal purchase? We will get into the happy concept of a "divine surplus" in our next section, but let's suggest it as a replacement for the potentially limiting "I can't afford it" bit. Replace the feeling of "I can't afford it" with "I prefer to enhance the growth of my divine surplus rather than imprudently distribute my funds." Or are you still saving for a rainy day? That's courting disaster: it's a prayer for trouble, and it is invariably answered! Instead, work to accumulate your divine surplus to take advantage of a happy opportunity! The difference shows in your aura as a definite change in its magnetic qualities. Be sure that you are habitually setting your auric magnetism to attract the good and happy things of life.

THERE ARE PSYCHIC AND SPIRITUAL CURRENTS OF RICHES: HOW TO TAP THEM

Consider a large stream or river—it flowed for centuries to the ocean unharnessed. Then a hundred or more years ago a milling plant was built and part of the water diverted to turn the machinery by means of a large water wheel. More recently a dam was built that now supplies the electric power to run all manner of machinery and light whole cities. Does the river care? Of course not; it is neutral. It will continue to flow to the sea whether man harnesses its power or not. The same is true of the psychic forces of wealth. They are flowing, but until you recognize them and harness them, they are worthless to you. Fortunes are made and lost as business people unconsciously tap the psychic prosperity currents, then lose their connection because they didn't understand the true mechanics of their actions. Our Chapter I section, "Get Comfortable with Money," was designed to help you avoid the mistakes that often unplug people from the great current flows of wealth. If you didn't complete the work, go back and accomplish it before you begin the powerful work of this section. It is

important to approach all of our work systematically to avoid wasting time cleaning up messes we needn't have made.

Similarly, the hurricane-shaped permanent prosperity thoughtform of Chapter 4 should be working for you before you attempt the next step; we might compare this to the water wheel power in our river analogy. And you need the understanding and experience of the water wheel before graduating to a Boulder Dam. Let's continue our water analogy. If you have ever visited one of the world's large dams, you remember how tiny you felt when you came close to or inside the awesome structure. No doubt the purpose of the dam was also explained to you: not to cut off the flow of water, but to regulate it for irrigation purposes and harness the potential energy to supply electric power to the surrounding area—and pollution-free power generation at that! Let's stress the important point: *The water still flows, but now under the direction of man so that energy which was previously wasted is used to do man's work.*

A THOUGHTFORM TO STORE PSYCHIC ENERGY FOR RICHES

You should be ahead of me by now and have "guessed" that we are going to build a super-thoughtform of a huge psychic dam, again not to bottle up the currents of prosperity but to regulate their flow into our lives while harnessing their previously wasted energy. Your altar or meditation place is the logical place for the center of your dam thoughtform. Sit happily in front of your mirror and begin to visualize a huge dam right behind it. Hold up your hands and feed the mental image with the thoughtform-building energy. See your dam grow both in size and solidity. When you feel good about it, speak to your magnificent thoughtform: "You are my special dam, built with power and love to harness the psychic currents of wealth and prosperity for me. I know that this process takes from no one, but more fully utilizes the great psychic currents that would otherwise flow on unnoticed. Thus my dam is a true force for good. It operates by bringing *new* wealth and riches into the world through my personal experience. I give thanks for the infinite bounty of the Creator, which set up the conditions that make this so now. So must it be."

Spend 15 minutes a night for a full week filling in all the

details of your psychic dam and feeding it with thoughtform energy from your hands as you watch it grow larger and larger. Close each session by repeating your address aloud, "You are my special dam . . . ." Then renew its structure in the same manner at least once a week, and enjoy a fresh flow of riches, money and personal power into your life greater than you have ever dared dream possible.

How S.W., an Overaged Executive, Found a Job

S.W. was a successful executive at 59. He enjoyed his $30,000-a-year job and was looking forward to many years of productivity. Then came a merger, and in the ensuing maneuvering S. was squeezed out. There followed a full year of fruitless job seeking with the future looking more and more bleak. Let's continue in his words: "After better than a year of personal experience, I can assure you that a 60-year-old out-of-work executive is not an easy product to market. But I decided to try your 'big dam' thoughtform since I had already exhausted every other idea, executive search firm, career counselor, etc., I had ever heard of.

"The first night I got it about the size of the house and left it to rest. The second night it filled the whole city block. By the seventh night I could see it towering above the whole city. On the ninth day I received an unexpected offer of a very handsome profit on a piece of real estate that had been a big drag on my finances the past year, so I took it and had many nice things to say to my dam thoughtform that evening. The next morning I got a call from a business acquaintance I had not seen in several years. He said his company was looking for an executive with about my qualifications and wondered if I knew of anyone who was available. We arranged an interview, and honestly I was so desperate I would have taken the job for $12,000 a year. But they offered me $36,000 plus stock options and a good shot at a big promotion within two years. That night I'd swear that my dam thoughtform smiled at me, and somehow I'm sure that this is only the beginning."

How a Small Company Owner Saved His Business

B.D.'s little company had been in a condition of bare survival

for about five years while he tried to exploit an invention. His attempts to secure adequate financing had regularly fallen on "stuffy, deaf ears." On the sixth day of his "big dam" thought-form work, he got into a conversation with a salesman from his major material supplier. When the financing difficulty came up, the salesman suggested that they go together and talk to the president of his company. As B.D. reported, "The timing couldn't have been better. They had a bunch of extra cash and hadn't figured a good way to use it. A loan of $500,000 was arranged at very reasonable terms and they gave me a highly creative new member for my board of directors. My company went from a bare break-even position to an annual profit of better than a quarter of a million dollars seemingly overnight. I credit my success to that big dam thoughtform."

HOW TO MAKE FINANCIAL PARTNERS OUT OF YOUR SPIRIT HELPERS

Throughout the occult tradition we find the general statement that your spirit guides and teachers have no interest in your economic situation. And since their primary interest is in your spiritual development, this is generally true. In fact, the path or situation of abject poverty has been considered a spur to spiritual growth for centuries; your spirit people were raised in this tradition for many lifetimes and will tend to limit your financial progress as a way of "helping" you, *until you convince them otherwise.* We might add here that this is true whether you are conscious of being in contact with spirit helpers or not, so ignorance or deliberate avoidance of spirit contact is not the way to surmount this general limitation. Instead, a direct selling job is necessary: we must convince your spirit people that they are partners in your financial as well as spiritual progress.

The Technique of Spirit Help for Wealth

In my own work at ESP Laboratory I find it easy to identify with the general attitude of the dedicated spirit teachers on this subject. We get many visitors of the type who come to our classes because they have a specific problem. They come faithfully for a few weeks until the problem is solved, then they disappear—and

don't turn up again for six to 18 months when they have generated a new problem. This is not so bad for the Lab because we work with a great number of people all over the country. But for the group of spirits concerned *exclusively* with you, there is certainly no motivation to help you attain a sufficient degree of opulence to result in your becoming distracted by your wealth and the things it buys you and so ignoring the very spirit help that made it possible.

So our chapter on spirit contact stresses the comradeship with your spirit help and seeks to lead you away from the "I want" syndrome that tends to crop up every time you sit for spirit contact. When you feel a comfortable comradeship with your spirit guides, you are ready to begin a good selling job.

A Sample Contact Approach

Your own words are best, but when you feel a good contact at your altar, try an approach like this one: "Good spirit friends, poverty and lack are not good spurs to spiritual seeking and growth in the economic atmosphere of today. In fact, a comfortable surplus of funds can buy both the time and comfortable surroundings to promote my seeking and meditation. I seek to make you partners in my financial as well as spiritual growth, and pledge that no amount of worldly wealth will distract me from my seeking. I will not let the money and property own me, but will use them for spiritually constructive purposes. Please join in my metaphysical and psychic striving for the improvement of my economic lot and let me show you that it will indeed be an aid to my spiritual growth. I thank you for the positive and tangible help that I know you will give me now and in the future." Then promise yourself to put forth more effort in overall self-improvement and accept every manifestation of increasing wealth as a special inducement for more spiritual striving.

Some Specific Benefits Secured

When you are convincing because you *mean it*, it works. R.H. talked it over with her spirit people, then happily reported: "I'm sure I got through to my spirit guides with the financial well-being ideas. I play Bingo once a week and for months seemed to have no luck. The first week after my session with my spirit guides, I won

$75. It helped me over a tight period and I was most thankful. I expressed this at my altar and devoted some extra minutes each night to meditation. The next week I won $500! And the week after than another $500! Now I'm out of debt and have a savings account for the first time in years. I really appreciate the tangible help from my spirit people and know it is there whenever I need it. And I'm keeping up my spiritual and psychic work to prove my good intentions. It's a wonderful new life!"

H.N. reported: "Since I asked for my spirit people's financial cooperation, my positive thoughtforms are really doing their stuff. I have chucked my teaching job because I really didn't feel it was what I should be doing. The radio station called to offer me my old show back, and I have enough money to open a music studio which is what I've always wanted to do anyway. I already have two harpsichord students, three piano students, and a whole list of would-be guitarists. This spirit cooperation is great!"

HOW TO MAKE AN DEXECUTE YOUR MASTER PLAN FOR WEALTH AND PROSPERITY

As soon as it is clear that your spirit guides are helping to improve your financial picture, you are ready to let them help you formulate a set of overall goals that might best be called your master plan for spiritual growth, wealth and prosperity. This type of planning will vary greatly in scope and detail depending upon your own feelings and those of your spirit guides. I like to suggest a middle path. To have no plan in life is to be tossed about by the whims and fancies of others, while too detailed a plan gives one tunnel vision and tends to shut out many opportunities. The eminent psychologist, Professor Maslow, helped our understanding in this area when he equated *emotional maturity* with *ambiguity tolerance.* Let's decide that we have the emotional maturity to tolerate a good deal of leeway (or ambiguity) in this planning work. Its real purpose is to put you in a much better working relationship with your spirit guides, and promote the interchange and cooperation that brings *extra* opportunity for financial windfalls as well as the spiritual balance that insures success.

How to Begin

Begin by placing small pads of note paper at strategic places like your bedside table, your altar and your favorite chair or couch where you relax habitually. A pencil or pen at each of these places is good, too. Then go to your altar, call your spirit guides, and when you are aware of their presence get a conversation going: "Good spirit friends, again I thank you for the tangible help you have demonstrated in my financial as well as spiritual life. I feel a greater reality to the team spirit and want to take my place on the team as fully as possible. Please accept me as a responsible team member and entrust me with knowledge of your goals and plans for us. I will be alert and receptive to receive the ideas from you over the next two weeks, and when I feel I have the understanding I will work with you to apply it in the most practical manner. Thank you and so must it be."

Then relax and be alert to make notes on the ideas that come. This period may prove to be a good test of your ambiguity tolerance also, but only if you need to develop that part of your beingness. You will often find suggestions of gaining new skills to augment your existing talents, but the picture itself will vary greatly between individuals. We can't *all* found great universities or new religious movements. You may find a calmer set of goals for this life, perhaps in providing good jobs and comfortable working conditions for others who are not yet as far along the path of spiritual development. The main idea is the open-minded approach that neither shuts out the small nor shrinks from the tremendous.

BENEFITS OF MAINTAINING REGULAR CONTACT WITH SPIRIT HELPERS

We should consider this a continuing exercise in spirit guidance and cooperation, to be repeated regularly. After several years of solid spirit help the gentleman we will call Jack had become what the average person would call well-fixed–his net assets were worth slightly over a million dollars. One day at his altar there was a special feeling of enthusiasm from the spirit people. Jack knew that something was up, but didn't quite get what. That afternoon he was presented an unbelievably interesting investment opportunity, and felt it confirmed by happy spirit pats on top of his head.

The cash layout was just over $1,000, but the leverage was such that Jack (under that same patting spirit guidance) sold his interest seven months later for $200,000. The feeling at his altar that night was, "You get $100,000 to pay the taxes and use for fun, but the other $100,000 is for us." Jack's reply was, "Sure, it's all your money if you want it!" It was no surprise when the following day's mail brought a request for funding for a new community hospital. The spirit activity clearly indicated that this is what they had planned for seven months before. And the spirit people made it clear that the $100,000 was what they wanted, no more. This may seem like very fuzzy planning on Jack's part, but in my research and experience it has proved much more effective than the minutely detailed approach. The best planning is done by your spirit guides: earn their confidence and support by giving them yours. The growth and success will show you that this is indeed the best way.

UNDERSTANDING THE DYNAMICS OF FINANCIAL SECURITY

As you grow in ability to work with your spirit guidance in bringing balanced growth to all areas of your life, you will come to the realization that money is not dead matter that can be stored indefinitely. Instead, it is a form of *energy.* Thus financial security comes not from anxiously amassing a fortune and clinging to it like a miserable miser, but from the growing sense of power and effectiveness that comes from personal growth. True financial security is a result of regularly demonstrating to your inner self and your spirit people that opulence will help your continued growth.

You must outgrow man's limiting ideas of scarcity and replace them with the strength of nature herself. We have said earlier that nature works on the principle of abundance, but has that idea become a part of you? Let's consider the dangers of your big dam thoughtform.

What would happen if a physical dam were to suddenly stop letting the normal amount of water flow on through? First, there would be no energy from its hydraulic generators; then the water level would rise and very probably destroy the whole edifice with the extra pressure. To hoard your growing wealth is a similar invitation to disaster. Use your psychic dam to regulate the flow,

storing up the excesses that would flood and using them during the naturally dry periods.

The Positive Attitude

The positive attitude is most important here. As you gain confidence in your big dam and the help from your spirit guides and teachers, there need be none of the old fears of lack and ruin. Couple the confidence with an ever improving self-image. *Know that you are indeed worthy* of the increasing opulence and wealth, then you will not hesitate to use it. And in the same spirit, when your spirit partners use you as a channel to bring help to an organization or person, gladly serve.

Don't hold back spirit's share of a venture–that would be direct evidence of your lack of confidence. Act with a comfortable boldness built from the sense of worthiness and confidence, remembering that no great business venture succeeds by hoarding its capital. Investment in capital equipment, inventory and people builds wealth–whether on a tiny scale or that of a General Motors. *Use* that which you have and are attracting, and grow up to become a General Motors of your own.

HOW TO INSURE THAT YOU WILL ALWAYS HAVE MORE MONEY THAN YOU NEED

Now let's consider a real income insurance policy. A healthy feel for the dynamics of monetary energy flow would be enough were it not for the eroding effect of our association with the rest of the world. The old brainwashing ideas of lack, limitation, and unworthiness are shot at us from all sides by a confused world. Some of them stick long enough to revive our old fears and guilts and toss them like monkey wrenches into our smoothly running psychic machinery. The defense is inherent in the ideas of dynamics–flowing streams don't stagnate, and giving people don't get stifled by limiting ideas. We find the ideas of charity and tithing living deep within the framework of all of man's religions.

The grasping mind that is full of lack will attack this idea as a bunch of priests using religion to become parasites and live off the fat of the community without working. But this is to miss the point. As individuals, *we need to give.* Call it fertilizing the source,

atonement for forgotten aggressions, reinforcement for the sense of worthiness, or generation of psychic currents—and you are right on all counts.

This is a highly subjective area and I'm not going to stretch your credibility by giving examples of one who gave to his church getting rich while the rich man who refused to give got poor. These comments are designed simply to challenge your own feeling of self-knowledge. And an arbitrary measure like the traditional 10 percent tithe would be ridiculous. The contribution campaign slogan, "Give 'til it hurts," is most dangerous. That would be giving with the negative attitude that backfires to produce lack. Design your program of giving under the guidance of your spirit people so that it always makes you *feel* good. In the same way, give only to causes and/or people that you really believe in: sometimes you give of your time, other times your money, but in either case do only that which is really giving of yourself. Your spiritual commitment to the people and causes you support will help both you and the cause, but if you would give grudgingly, don't do it at all. It would have a weakening effect on your well-being.

I've tried to give a subjective feel here. What works for me may not be right for you. But your spirit guides know and will work with you on this as part of your overall plan for financial growth and well-being. I have tried only to help you become more receptive to them. Try it—the life you enrich will be at least your own, and probably many more. But remember also that no amount of philanthropy will ever substitute for common sense.

CHAPTER POINTS TO REMEMBER

1. We live in a highly economically oriented society. It is better for your growth and well-being to play its game, and a lot more comfortable than being a dropout.
2. Feelings and thoughts of lack will muddy the greens of your aura and attract more lack to you. Work on your attitude to cast out the feeling of lack and replace it with healthy, positive expectancy.
3. Study the nature of the "big dam" thoughtform and build yours to harness the flow of the great psychic forces of

wealth. This process well done takes from no one, but truly increases the total wealth of the world.

4. It takes a bit of selling to convince your spirit helpers that becoming wealthy will not detract from your spiritual growth. Do the selling, then prove that you are right by keeping up the growth as the wealth pours in upon you.
5. Get your spirit guides in on the planning for your long-term wealth and prosperity. As you make them partners in your progress, happy windfalls and regularly increasing success are assured.
6. When your spirit friends bring you a special windfall, be sure to ask them what they want you to do with it. They may have special plans for some part. Spend it for them happily, and keep the doors open for more in the future.
7. Money is more an energy than a commodity. Learn to understand wealth as a dynamic force. Control of its flow is more rewarding than trying to cling to a fixed amount, no matter how big that amount may seem at the moment.
8. Insure that you will always have more money than you need by adding the final cleansing touch of intelligent giving. Never give 'til it hurts, but always do what honestly feels good to you. Your inner self and spirit guides will reward you accordingly.

MIRACLE STEP 9

How to Use Psychic Power to Control Any Life Situation

Remember the old body-building ads? I was a 96-pound weakling and the bullies always kicked sand in my face, then I took the magic body building course, clobbered a bully, and lived happily ever after! A little reflection will show you that physical size is not the real factor–how many times have you seen a 200-pound man completely browbeaten and dominated by a 95-pound wife or mother? Let's agree that the qualities of leadership and dominance are of the psychic atmosphere and aura of a being: thus we can offer you a magic psychic body-building course that will help you handle any old bully, regardless of your physical size or that of your adversary.

THE SOLID ILLUSION OF LIMITATION: HOW TO DISSOLVE IT

In personal counseling work, the most frequent difficulty we encounter is the client's mental block or illusion of limitation. The client brings you a problem that is carefully defined in such a way that there can be no solution. Then when you suggest the obvious way out, you hit the brick wall, that old bugaboo: "I just can't!" This is symbolized in one of the traditional steps of the ancient mystery school initiations. The postulant is bound in strong chains

and cast into a dark dungeon filled with bats, rats and creeping things. If he is strong of will and purpose, he breaks the chains, turns on the lights and finds a clean and lovely room. The weaker initiate eventually finds, as the dawn brings light into the room, that the bats, rats and creeping things were mere suggestions and the chains were only bits of straw. He had been imprisoned only by his own thoughts!

The initiate's dawn is symbolic of what our limited earth consciousness would call physical death. Some people actually endure until the dawn of their transition into spirit life before they realize that the misery and limitation of a lifetime was indeed "all in their heads." Our purpose here is to help you become the strong one who breaks the imaginary chains *now*, and finds a bright and happy life as the immediate reward.

THE CASE OF F.G.'S OVERCOMING AN UNHAPPY AFFAIR

In the case of F.G., it took me four years to get through to her, although four days should have been enough. She was a widow in her late fifties who was having an affair with a very unhappily married man of her own age. He was far too weak to choose divorce; he used F.G. as a respite from his marital misery and a fantasy for escape, but only at his convenience!

The illusion that held F.G. in bondage was her constantly stated belief: "He is my last chance for happiness and security!" Every time I suggested that she set out to meet a more eligible replacement, she countered with, "I can't. The places I go, I never meet anybody I would consider worthwhile." To which I regularly retorted, "And with all that misery in your aura, a worthwhile man wouldn't pay any attention to you anyway. Sooner or later you'll have to go through the misery of releasing this man so you can recover and attract a real man."

She made numerous attempts to break up, only to give in eagerly to each plaintive phone call and rush back into the same misery of clinging to a few stolen moments. Finally she realized that her clinging to the impossible situation produced her self-created dungeon. She sold her business, closed her apartment and left no forwarding address. Starting over in a new town, she built a powerful love-attracting thoughtform and found herself dating several different men. Out of this developed a happy courtship and

a very comfortable marriage. Her comment: "If I had listened to you sooner, there wouldn't have been four years of misery. But it sure was a good lesson to me. I don't believe I'll accept misery as my last chance again."

A quicker result came for D.K. who was unhappy on his job. This conversation went: "Well, D.K., why don't you start a serious campaign to find a better job?" To which he replied, "But what if my employer found out and fired me?" So I asked, "Are you doing a really good job in your present position?" When he answered, "Yes, I really am," I got him with the statement, "Then the worst that can happen if you get caught is that you get a raise!" He had a good selling resume printed and started sending it to all remotely possible ads in local and national newspapers, whether the ads were blind or not. And sure enough, he did get "caught." His employer called him in and said, "D.K., it has come to my attention that you are looking for a new position. How much money and what changes in your job situation would it take to keep you interested and happy here?" The happy final report: "Not only did I get an immediate $125-per-month raise, but there is a definite program of expected future raises and a clear path to promotion. Best of all, the two biggest frustrations in my work situation are *fully* eliminated. Now I have a good job with an excellent future, all because I did something about my unhappiness through thoughtforms. I'll remember this well."

HOW TO FIND THE COMPLETE SOLUTION TO CHRONIC PROBLEMS

Chronic problems continue our study of the "I can't" syndrome. They take many forms–sinus conditions or appendicitis may flare up at regular intervals, or you may suffer with a nagging wife or stingy husband. We have brought some of these things along from former lives, and are so used to them that we accept them as "part of us." I won't go so far as to challenge you to grow a new arm or leg to replace an amputation, unless your mind can accept the possibility that even this may happen. (If I had such a problem, you can bet I'd be trying.) But the most practical of all approaches must begin by seeking the deep spiritual lesson that underlies the apparent causes of the situation. Like all

normal human beings, I have had moments when I cried out in anguish, "How long must I endure this misery?" But when you are listening for an answer from your spirit guides, it always comes as: "Until you have learned the lesson, my friend."

It is important that we lay this groundwork before going into the powerful psychic techniques for breaking problem situations. To tear up a situation without first learning its lesson is a sure way to build a similar but worse problem for yourself.

Let's go back to your anguished cry. When you get that "until you have learned the lesson" bit, don't walk away in frustration. This is the time to battle it out. Respond, "Please help me to see the lesson now." Then sit in quiet meditation and contemplation of the higher truths behind the proximate causes of the misery. In relaxed attunement with your spirit guidance, your thoughts may flash upon a past life situation that has come with you, or you may see a fresh application of a simple spiritual truth. I like to suggest that when you feel the mental breakthrough, you accept it most gratefully, but continue to meditate on it for several days before mapping out a complete course of action. A rash action based on a partial insight may serve to compound a situation which the maturity of a few days' "hatching time" would have solved.

The Case of Mrs. P.Z.

P.Z. had lived a miserable life for nearly 15 years. Two or three times a week her husband, Charles, got drunk and beat her, threatening to kill both P.Z. and their young son as well as himself. P.Z. had very nearly accepted the beatings and threats as a normal part of her life, but that didn't make them any easier to take. While crying out for spirit help and meditating on the cause, she had a short flash of an old English setting obviously from a past life: she saw a man who she knew was the same husband of her present life, weeping in anguish because he had just killed his wife (the former life of P.Z.) in a hunting accident. Charles had obviously brought his guilt with him into this life and it was making a shambles for the whole family. It took several days to plan her approach to Charles, "And it must be a time when he is sober." P.Z. caught Charles early one morning and said, "We have to talk this out right now or I must leave you permanently." Then

she described her vision of the old English tragedy and explained that when Charles got drunk these old guilt patterns reasserted themselves and made him threaten and bluster as a drunken means of hiding his old guilt. Charles cried for a moment, then admitted that he had seen similar psychic visions while drunk but had always consumed more alcohol to make them go away. He joined a local chapter of Alcoholics Anonymous that day. And after six years, P.Z. reports he is still a good citizen, a model husband, and *always sober.*

Emma S. had a thing about policemen. She was normally a very good driver, but all she had to do was see a motorcycle officer or police car and she got so flustered that she made stupid mistakes that seemed to always wind up in a traffic ticket. After her fourth ticket in a three-month period, she sat down to ask for spirit help and I instructed her.

Her meditation took her back to a year when she was eight years old and living with an old-maid aunt. Whenever Emma began to get the least bit out of line, the aunt responded by threatening to call a policeman and have him cart her away to jail forever. Emma realized that this had gone deep within her and built her fear so powerfully that she became a flustered mess at just the sight of an officer. She embarked on a program of getting to know a few local policemen socially. They proved to be congenial human beings out of uniform, and this helped–along with an eight-week period of daily meditation on the value of the protection of a good police force. Emma reports that she is still occasionally uneasy when she sees a policeman while driving, but she now has enough self-control to prevent the flustered mistakes–and she hasn't had a traffic ticket for over 18 months!

HOW TO COMBINE THE LASER POWER OF THE LIGHT WITH THE SHIVA PRINCIPLE TO GAIN A FRESH, NEW START IN ANYTHING

I try hard to stress the constructive, attractive, building aspect of the Light because that part will solve better than 90 percent of our problems when used with the positive thought-form-building techniques. But there are also those times when we need blasting powder or a bulldozer to break out of a trap or clear the foundation for a major construction project. At these times, a

working relationship with the too-often feared member of the Hindu Trinity, Lord Shiva, will help you harness the laser power of the Light to blast your way to freedom. You will remember the Trimurti as *Brahma*, the Godhead, *Vishnu*, the preserver, and *Shiva*, the destroyer.

Man thinks of the hurricane, earthquake, forest fire, and flood as negative outpicturings of Shiva's vast power, but in truth it is the force of change working to restore a balance. When man upsets the balance of nature too far, he reaps the rewards of Shiva's destruction, but even the forces of destruction can be tamed, wooed, and harnessed to our practical advantage. When it is time for you to turn loose of something, you get several gentle warnings, and if you heed them all is well. If you do not, then Shiva tears it from you with the consequent psychological blood-letting. To be more fully aware is to cooperate with Shiva and so lead a pain-free life. However, that is just the common-sense prelude to getting tangible help from the forces of change. What do you do when something (or somebody) you have finished with refuses to turn loose of you?

If you have made your peace with Shiva by accepting the positive value of change, you can rightfully ask for help—and get anything from an allegorical few drops of rain to a cloudburst in return. Consider this homely example: You see a huge steamroller bearing down on your child's tricycle. All too often human nature takes the ridiculous course. You plant yourself squarely in the path of the oncoming behemoth and try to stop it with your bare hands, only to be mashed into the earth along with the tricycle. Even assuming that the tricycle is stuck so you can't move it, the logical course would be to run to the steamroller and grab the steering wheel. By changing the course just a few degrees, your disaster can be fully averted, and the quicker your action, the smaller the course correction required. But what of the devout occultist's approach? Are *you* tempted to stand between the steamroller and the tricycle, demanding that Shiva destroy the steamroller with a bolt of lightning to save you both? Obviously this is symbolic, but the warning should be clear. Don't put yourself in the position of trying to remove a splinter from your finger with a meat cleaver. A bit of preliminary meditation on the broad view of your problem will help you find the surest path to freedom.

The Technique

But enough of the cautions: let's be about the how-to-do-it! If you are familiar with the shape and use of lasers, that will be a good thoughtform to use. Otherwise you can borrow the magnifying glass thoughtform from our basic psychic development exercise. In either case, the technique is to visualize your thoughtform focusing a powerful ray of electric blue Light on the control spot of your limiting condition. See the powerful Light as a disintegrator beam dissolving the limitation. Then offer a prayer to the Shiva Principle for help.

Here the personification of the Vedantic Deity helps our thinking; I would use a simple request like this: "Lord Shiva, I am striving to understand the nature of change and so better cooperate with your power to produce good. I ask your help for my freedom thoughtform and give thanks that all your mighty forces of change are directed to this end *now.*"

How Mary Used the Shiva Thoughtform to Get Rid of a Suitor

Mary Y. had recently broken up with a suitor, but he was the clinging type. He called her several times a day pleading with her to resume the relationship. She seemed unable to get the message across, and his calls to her at work were particularly disruptive and annoying. Mary decided to call on the magnifying glass thoughtform Shiva technique for help. She was careful to direct her ray toward his clinging, not to her telephone, "since there was no reason to cause the phone company a bunch of trouble." She set up her thoughtform with a fervent prayer to Shiva just at bed time. There were no calls from him the next day or for a whole week. Then at the beginning of the second week, he called to apologize for "bugging" her and to announce that he now had a new girlfriend. Mary offered an extra prayer of thanks to Shiva for the positive outcome.

How Bill's Laser Thoughtform Saved His Job

For five years, Bill D. had felt trapped in his job. His immediate supervisor obviously disliked him personally, and he

had reached the top of the salary range for his job three years before. All of Bill's attempts to get transferred or promoted or to find a new job had been unsuccessful and he was becoming more frustrated as time passed. But there were heavy family responsibilities so he couldn't just quit.

Finally Bill built a laser thoughtform. He wrote the words, "All obstacles to my getting ahead on the job," on a piece of cardboard and set it on the end of his altar with the thoughtform laser shooting a bright blue stream of energy right on it. Then he asked for help: "Lord Shiva, you know that it is time for a positive change in my job situation. I ask your help in faith and trust. Thank you." Each morning and evening, Bill blessed and "petted" his thoughtform and repeated his prayer to Shiva. For a full week nothing happened, but on the tenth day Bill's supervisor received an offer of a better job in a different section–and Bill was asked to replace him! As he said, "At long last a raise, but even more important, a promotion so that I'm not stuck at the top of a salary range. My thanks to Shiva and that laser thoughtform!"

TAPPING CEREMONIAL MAGIC TO GET RID OF THE "THORN IN YOUR SIDE"

Within the basic metaphysical traditions there is a simple way to get rid of annoying personalities. When a person really "bugs" you, make him number one on your prayer list; pray powerfully for his spiritual growth, prosperity and highest good. If you can do it with good feelings and no malice, the person must either become a good and congenial friend or be swept out of your life.

It is important that we begin this section in this manner because you would be making a mistake to resort to magic without using the metaphysical approach enthusiastically first. All too often, when I suggest this method the response is, "Pray for that evil person? Never!" But all you need to do to change your mind is to watch your aura in a mirror while you react that way. You can see the ropes of negativity binding you unhappily to the person ever more securely. Now we will assume that you have been faithfully praying or "treating" for your antagonist's highest good for several weeks with no visible positive effect. By then a resort to greater power is reasonable, so we will present a short ritual that is rather like using dynamite.

The Technique

Take your favorite incense, candles (two blue tapers are best), a pencil and paper to your altar or meditation place. Make a comfortable attunement with the Light and do enough work to be sure that your psychic centers are clear and bringing through plenty of energy. Set a good mood by lighting your candles and incense as you mentally fill the whole room with powerfully protective Light. Cut or tear five pieces of paper, and on each one write: "Freedom from *(the person's name).*" Send your throat center energy to the right-hand candle and see its aura turn blue, then send the root center energy to the left candle and turn its aura red. Next, take one of the pieces of paper with the name on it and hold it between the palms of your hands while you chant aloud:

Agni, Lord of fire and flame, help me now release to claim.
Thor, your Thunderbolt do throw, hit this one and make him go.
Shiva, mighty Lord of change, this one's life now rearrange.
Away from me he now must go, I thank you all that this is so.
Thunder, fire and Shiva's power, serve me now, this is your hour.
In Light and peace I now must be, and as my will, so must it be!

Then set fire to the piece of paper from your right hand-candle and feel the force going powerfully to work. Repeat the chant while holding each piece of paper in turn, and release each by burning, alternately from the left, then from the right-hand candle. When the fifth piece of paper is burned, say aloud: "It is done. Thanks to all and so must it be."

The Right Time for Best Results

For maximum results, begin the ritual a few days after the full moon and repeat it for five consecutive nights. If you are familiar with the work of my book *Helping Yourself with White Witchcraft*, you may add the refinement of starting your first ritual during Saturn's hour of the first Saturday after a full moon, but for most work the suggestions we have given here are quite adequate.

How a Mother-in-Law Situation Was Handled

Madeline W's mother-in-law, S., dropped in for a surprise visit that turned out to have been planned as a permanent thing. S. was bossy and cantankerous at best, "and she was seldom at her best." After three weeks that Madeline described as "pure hell," she decided that something had to be done. So she elevated S. to the top of her prayer list and began praying fervently for S.'s growth and highest good. When this seemed to have no effect, and pressure on her husband to help get S. to terminate her "visit" brought a negative reaction, Madeline felt pressured to use the ritual.

Let's continue in Madeline's words: "I had no place to work the ritual without the danger of getting caught, but it had to be done. In meditation, I asked for a place to work and got a bright idea: 'Lock yourself in the bathroom.' On my chosen evening I smuggled my candles, incense, pencil and paper into the bathroom in a paper sack. I locked myself in and started. Discretion required that I chant very quietly, but I made up for any lack of volume with the depth of my feelings. By the fourth night I was beginning to feel a little silly about it, but I was determined to win. And would you believe–the next day S. got caught up in a whirlwind courtship and eloped within a week!"

HOW TO PUT IT ALL TOGETHER FOR YOUR MAJOR BREAKTHROUGH

I often get a comment from the sincere seeker that goes: "Al, I feel like I'm right on the verge of a major breakthrough but I can't seem to get that last little push." This is frequently a misconception as applied to one's personal growth. Let's examine the nature of a breakthrough–doesn't it mean that a strong force has found a weakness, as in warfare or a dike giving way? Unless you are sure that you are expecting a specific result, the feeling is simply a way in which your spirit guides (or your own high self) work to inspire you to more striving. We want to be sure that your breakthroughs are not like the prison break where you wind up hiding in the swamp to escape bloodhounds and shotguns.

The Turning Point

I'm leading up to the idea that a really major breakthrough may not appear so at the time. We speak of the *turning point* of a football game, or a war, and in retrospect it may well be. But *at the time* there was a lot more hard playing or fighting necessary to make it so. The secret of the big breakthrough is to keep your enthusiasm level high. Every time some tiny thing goes your way, let it inspire you to strive on with ever more light-hearted confidence and enthusiasm. Water breaks through a dam or dike by applying pressure everywhere, then flowing through the point where the resistance gives way. The ancient Chinese knew the lesson of water: it flows on and merely fills up all the depressions that would contain it, it does not shrink from any dangerous spot or plunge, and is always true to its own nature. The feeling is clear in the allegory: *No obstacle can stand in the way of steady growth.* Thus the winner's approach to life is to accept every obstacle and apparent limitation as one more challenge to growth. To win any battle you must get up one more time than you are knocked down.

We have been discussing very powerful ways of overcoming limitation and breaking both physical and psychological blocks, but they will remain just words on a printed page until *you* let them spur you to *action.* Keep the balanced approach that first looks for the illusion, then the lesson, and from the enlightened perspective launches a program of positive action with the rituals. Success is within *your* reach. Grow happily into it.

CHAPTER POINTS TO REMEMBER

1. Many apparent limitations are the result of faulty definition of the problem or of simple misunderstanding. Beware of the feeling of "I can't"—there is always a way in which you can.
2. Don't accept chronic problems as part of you. Probe for the lesson that will free you.
3. Some of our chronic problems have come with us from past lives. Meditation upon the hidden lesson may take you to a past life: let the new perspective through your psychic work bring your freedom.

4. Get comfortable with the forces of change as symbolized by the Vedantic God, Shiva.
5. You can use the combination of the laser thoughtform and the Shiva Principle to break through any obstacle and gain a fresh, new start by causing *change* to work in your favor.
6. When your prayers and metaphysics have not helped make a person congenial, the thorn in your side can be removed. Use the ritual to remove a troublesome person to find peace and progress again.
7. Most major breakthroughs are not recognized as important until after the battle is won. Accept every small bit of good as a positive turning point and strive on to total victory.
8. No obstacle can stand long in the way of steady growth. Grow on to the fullness of success in every chosen undertaking.

MIRACLE STEP 10

How to Magnify Your Personal Power and Influence in Any Field You Choose

Now that you have the psychic tools to sweep away negative conditions or people, you are ready to work on the positive aspects of personal power and influence. Your cone of power thoughtform together with the personal magnetism you built in Chapter 7 should be manifesting a wonderful new era of personal acceptance for you already, but our purpose now is to make you stand out in a crowd. You don't have to be physically big or tall to be a standout, but you must be "tall" in aura powers and their control.

HOW TO PUT EXTRA VITALITY AND INFLUENCE INTO YOUR AURA

We begin this exercise by becoming the human bar magnet that you learned to make of yourself in Chapter 7. Feel the lines of magnetic force radiating from your root center and returning to the top of your head through the crown center. This should be practiced until it becomes a natural part of your beingness, radiating the attractive force even when you are asleep. This provides plenty of power for the normal interpersonal relationships, but we need more for those times when you would like to make a big impression or sell a major idea to a large group of people.

We will borrow the next step from the science of Prana Yoga, utilizing large amounts of the life force itself to extend your influence. This is an extension of the basic breathing exercise for reducing tension that we began in Chapter 5. Practice making your back muscles move straight back until you have the habit of good, deep diaphragmatic breathing, then we can forget the technique and harness the energy!

The Technique

This new exercise combines the bar magnet power with the prana of deep breathing in a very special way. As you breathe, try to physically take the air all the way down to your root center! Let the back muscles do what they want in this process; just strive to drive the air straight down as if it were to flow right out the lower end of your abdomen. Feel the stretching of the lower abdominal muscles and a general relaxation of the rest of the body as you hold the air down deep for 15 to 30 seconds. While holding the air as far down as possible, *will* the life force to flow to your root center to increase its energy flow and transform you from a normal magnet to a *super-magnet!* Practice this simple exercise for ten to 15 minutes several times a day until it feels natural and good to you. Then whenever you are on the way to a gathering where you want the extra measure of influence, practice while on the way.

How a Salesman Increased His Business

C.T. is a salesman for adding machines and calculators. After some discussion of the breathing-into-the-root-center technique, he decided to try it as a way of improving his sales effectiveness. Here is his report: "For a number of months I averaged selling four to six machines. Then I tried five to ten minutes of *charging my aura through root center breathing before each sales call.* The first week I noticed a definite improvement in the receptions given to me, and I closed two sales. That was enough to make me try a second week, and I closed three more. I finished the month with a big ten for a total and have averaged nine to 12 ever since—enough to make me the star salesman in our regional office. I'm in line for the next opening for regional sales manager, and I'm sure I can

handle the new position—with the help of the root center breathing."

A Lawyer's Success by Charging His Aura

A highly successful trial lawyer, B.R., commented that he used the root center breathing technique during the heat of the courtroom battle. "In my past there were three attorneys who seemed to get my goat apparently by their very presence. I became a relative stumblebum around them and dreaded having them for opponents. I got some help from Hatha and Raja Yoga, but still suffered terribly. When I learned of your root center breathing technique, I had just about a week to practice before I was scheduled for a trial against the toughest of my three.

"I worked on the magnetism and breathing as little 'think breaks' during the preparation, with the thought that I would associate the trial with the root center breathing. During the trial there were moments when I felt the old confusion trying to creep in, but I immediately countered by driving a breath down to the root center. It worked unbelievably well! The fact that I won the case was not nearly so gratifying to me as the certain knowledge that I can never be reduced to a confused mental state by an adversary again."

HOW TO SENSE AND WIN THE PSYCHIC BATTLE FOR MOOD DOMINANCE

Whenever you come into the presence of another human being, your auras enter into a battle for mood dominance; for instance, if you are happy and the other person is "in the dumps," the auras mesh and tend to affect each other. The stronger aura will have the greatest effect, but shortly both people will be in a mood that is an approximate average of the two. This is a good deal for the person in the bad mood, but the effect on you is much less than desirable.

A good measure of our defense comes from the recognition that these psychic battles are a constant occurrence. You must either avoid negative people completely or keep your aura so full of power that the less than positive feelings are burned away. The basic psychic awareness which you have been building through the

psychic development exercise and your striving for spirit contact has an intensely practical value in spotting the auric battles that will determine your mood in another's presence. Practice feeling the mood of each person you come close to, first to sharpen your awareness, but also to enter consciously into the mood transferrence battle—as a game.

How to Control Dilution of Positive Power

Application of the root center breathing technique as soon as you notice the mood of another starting to dilute your positive power will keep you in happy control of yourself and able to influence any situation or group to your advantage.

A young salesman of computer services was studying control of mood through recognition of the auric battle. He had this to report: "I called on an attorney who wanted some major revisions in the service we were providing his firm. As we sat down, he began to criticize my company and pick at the service, all the while sending me thoughts that he was in complete control of the psychic situation.

"For an instant I felt hopelessly inadequate, but I decided to try the root center breathing to clear out my aura and at least equalize the psychic odds. I pretended to be lighting my pipe while I brought the air very forcefully down to the root center and directed its power to burn away the attacking thoughtforms and recharge my personal bar magnet of power and influence. On the very first breath, I realized that he was trying to set me up to cut my quoted price. The second breath restored my confidence and I made a relaxed presentation, explaining the details and accuracy of the inputs that would be required.

"By the time I got around to price I was in full command of the psychic situation. The attorney complimented me on my grasp of his problems and signed the revision order with no quibbling. If I had not reacted to defend my aura, my weakness and mental panic would have messed up my discussion and put the company in a very weak position with the client. I found out later that a competitor had been working on the attorney and he had pretty well expected to dump us. Another resounding victory for aura control and mood dominance!"

How Basic Psychic Ecology Pays Off

You should recognize this work as an extension of the basic psychic ecology we began in Chapter 3. We can never give enough emphasis to the constant awareness of the energies impinging upon your aura, particularly when you are in close physical association with other people. The more you recognize the mechanics of the energy flow, the more you will be able to take conscious control. Your growing psychic awareness will let you review situations after you have experienced them also. Thus you can more completely understand the flow of psychic forces and plan the moves that will make you more fully victorious in future outings.

In this work, we must keep our sights always on our high spiritual ideals but remain practical enough to know that communication begins at the root center, improves when clear spleen centers assist, and reaches nearly the ultimate when all three lower centers work together. Thus rapport and influence on the individual or group level is built by gentle stimulation of the root centers (as when a speaker begins his talk with a mildly risqué joke) to gain the sympathetic attention required to engage spleen centers also. Again awareness of the process will help you sense the group receptivity and know what ideas, jokes, or energies you should apply next. This is also an excellent situation in which to call in your thoughtform-building capability for the special help that wins consistently.

HOW TO BUILD AND ACTIVATE A THOUGHTFORM OF POWER AND INFLUENCE THAT WILL GAIN AND MAINTAIN ACCEPTANCE FOR YOU AND YOUR IDEAS

We will assume that you have your cone of power thoughtform working well in the top of your aura, and the bar magnet thoughtform working in cooperation with your root center breathing technique–all this within the sphere of protective Light and the ever brighter aura. Sounds complicated, and tricky to operate, doesn't it? It begins to seem like a task as awesome as running your heart, lungs, kidneys, liver, digestion, lymphatic system, etc. You came into this body equipped to control it at the subconscious level through the autonomic or sympathetic nervous system, intervening with the conscious mind only when the

controlling mechanism signals for help—for instance, by registering pain.

Obviously we have reached the point of needing a psychic monitor/regulator to process the routine inputs automatically, but still ring the warning gong or call your conscious mind for help in the tricky situations. Be sure you have worked consciously with the individual components of the system long enough to be comfortable with their operation: you can put no more knowledge and "feel" into your regulator thoughtform than you have already built by direct experience.

How to Build Your Psychic Picture

We will need a good picture for visualization purposes in creating this monitor/regulator thoughtform. The simplest picture would be of a little black box with a multi-pin connector. Picture a slot into which you may slip new or revised instructions and special assignments, and understand that the "black box" will contain your accumulated knowledge and proficiency in aura control, as well as use of the various thoughtforms being hooked into the system. Begin to build your thoughtform in our usual manner by forming the energy ball between your hands. Next, fill it with your carefully built picture of the monitor/regulator. Take plenty of time to feel the solidity and clarity of the thoughtform, then begin hooking it into the many parts of the system. Tie it (using the image of tiny wires or control cables) to each psychic center, then to your cone of power thoughtform, your bar magnet attractiveness thoughtform, your root center breathing system, your external sphere of protective Light, and any supporting thoughtforms you would like to have in the system.

The Technique

When you feel that the work is finished, carefully place your new thoughtform above your head comfortably inside the vortex of your cone of power thoughtform. Then give it your verbal instructions, preferably aloud: "You are my monitor/regulator thoughtform. Your purpose is to maximize my personal power, influence and effectiveness by regulating and coordinating the excellent systems I have placed under your control. You will use

the systems to keep my aura bright and clear and free from negative influences, and to regularly increase my vitality, personal magnetism and influence. You will reprogram the energy of all intruding suggestions or thoughtforms and use it to further the effectiveness of the organism. If you require help from my conscious mind, immediately get its attention with a sharp thought: 'Attention, attention!' I pledge you the full cooperation of the whole organism as we strive on to our highest good. So must it be."

The net effect is much like turning the details of your bookkeeping over to a computer. You assume a role of supervisor/spectator much more than that of plodding doer. You must give it enough attention to be sure it is working well, and to clear any jams or malfunctions, but you find that you have been elevated to a level of greater creativity and effectiveness in the process.

How This System Worked Out for One Person

M.D. wrote of his experience this way: "I'm like a child with a wonderful new toy! I like the feeling of power that goes with red, so I changed your black box idea to a red one, but otherwise built the monitor/regulator thoughtform according to your specifications. I had been getting some success with individual thoughtforms and root center breathing, but it was beginning to feel kind of hokey. Now all that is changed, and it is a pleasure to see the monitor/regulator really handling things. I'll notice that I am unconsciously doing the root center breathing, and suddenly a person nearby will reach out to do something especially nice for me. It's better than leading a charmed life; it is a scientifically monitored life. My love life is fantastic, and in just one month I have had an unexpected promotion and a nice raise. Things will get even better as the system gains more experience. It's wonderful!"

ADDING MECHANICAL HELP: HOW TO MAKE A PERSONAL AUTOHYPNOTIC TAPE TO CHARGE YOUR AURA WITH POWER AND MAGNETISM WHILE YOU REST OR SLEEP

There is a positive value to hypnosis, particularly in the field of charging your aura with extra power and influence. It is easy to

get around any fear of transferring hangups from the operator or being subconsciously controlled forever by simply becoming your own operator. Any tape recorder will do, and if you don't have one you may consider it worth your while to buy one. Competition is so great in the cassette recorder field that an adequate-to-excellent machine can be acquired for $30 to $60. If you were to go to a professional hypnotist for help, you would spend that much or more and not have a nice machine to use for other purposes.

We have enjoyed such excellent results with an ESP Lab tape that I called "Relax and Let Glow" that I can very strongly recommend this technique to you. We will suggest a series of suggestions below, with the idea that *you* make your own tape in your own voice. Read the suggestions to your tape recorder in a confident, persuasive and soothing voice. If you have specific problem areas, add suggestions of your own near the end of the tape. It will be smoother if you have written out your additions and marked the place where you will insert them. You may also repeat suggestions that seem particularly important to your development. Now let's give you the suggested text:

RELAX AND LET GLOW (SUGGESTED TEXT OF YOUR PERSONAL AUTOHYPNOTIC TAPE)

Relax and get your body as comfortable as possible. Let your eyes gently droop shut and feel yourself drifting into a comfortable sleepy state. Now we reach for the Light together. Feel the Light bathing you and entering your body through the top of your head. There is only the Light and the voice that is speaking. Every external sound will make you more relaxed and more attentive to the voice. Every stray thought will also make you more attentive to the voice. Feel yourself drifting ever deeper into a relaxed, dreamy sleeplike state.

Feel the Light flowing into your body through the top of your head, flowing all the way to your feet. Feel the tingling in your feet as they become filled with Light. Now feel your body being filled up with Light just like a milk bottle. Feel the Light level rising up your legs, relaxing, cleansing, healing, making every cell it touches completely whole. Feel the Light rising through your knees now, and starting into your upper legs. Feel the wonderful cleansing glow rising higher and higher, entering the lower

abdomen now, bringing great relaxation and peace. Feel every muscle relax as the Light level rises higher and higher in your body. Feel it reach your waist and start to enter your arms also, cleansing and relaxing as it goes. Your chest and back fill with Light now and it rises to meet the Light coming up through your arms. Feel the current meeting at your neck, carrying the Light on up into your head. Now your whole body is full of Light, feel it completing the relaxing, cleansing process, taking you deeper and deeper into that relaxed, dreamlike sleepy state.

The Light is so bright in your body now that your skin is glowing, radiating more and more power into your aura. Feel your aura getting brighter and brighter, filling with more and more power and influence. Your aura is brighter than it has ever been before, clear and pure, making you a perfect magnet to irresistibly attract the good and repel the negative experiences. The reservoir of Light within your body continually feeds your aura, making it brighter and brighter, reaching out through your aura to feed and power all of your positive thoughtforms. Enjoy the knowledge that your thoughtforms and aura are increasing in power as you drift deeper and deeper into the relaxed sleeplike state.

As you go deeper into the sleep state, you feel the Light working on your mind. Feel it seeking out and burning away any remaining patterns of negativity, leaving you completely positive in attitude, alert to opportunity and in command of all situations. As the last traces of negativity are burned away, feel the heightening of your psychic senses. Your psychic awareness is growing ever stronger. You are able to receive telepathic messages from your spirit guides and teachers with ease, establishing ever more useful and practical rapport. You take your place more effectively on the spirit team and find greater effectiveness and all manner of good luck as a result. Enjoy basking in the glow of the Light as you level off in a deliciously dreamy, relaxed state. Feel your cone of power thoughtform reaching a peak of invincible effectiveness while your personal bar magnet thoughtform becomes an irresistible force to bring you influence and personal power. You are growing into an ever more powerful, wonderful and effective being. Accept the growth and effectiveness, bask in the Light and enjoy the ever increasing personal power.

Now relax and enjoy. You may choose to become fully awake and alert or go off into a deep and restful sleep. But just before you do either, reach over and turn off this tape recorder. So must it be.

HOW THE RELAX AND LET GLOW TAPE HELPED G.C.

G.C. had been on tranquilizers for several years, but it was a losing battle. Every six months or so the doctor had to increase the dosage in her prescription, and G.C. walked around either in a daze from the medication or in a highly emotional and tense state when she tried to cut back. Let's share her report:

"I decided to try the Relax and Let Glow Tape to break out of my medication trap. I taped it just as you sent it to me because I couldn't figure out any additions. I used the tape right at bedtime and then before getting up in the morning. There seemed to be some help, and I made it through my day with only about a third of the normal amount of pills. Again I used it at bedtime and before getting up in the morning, and I felt so much better that I decided to make this a habit. Al, I've blossomed like a rose! I'm relaxed, happy, outgoing and unmedicated. I keep the old pills on the shelf in case of emergency, but I haven't taken even *one* in over a month. Two weeks ago I met a dream of a man and we're in the middle of a whirlwind courtship–it's wonderful! And it would not have been possible with me all doped up like I used to be. I'm relaxed and glowing with happiness."

How Maude N. Improved Her Memory

Maude N. needed help with her memory. As she put it: "My friends all teased me that I was the classic ding-bat. I'd forget where I parked my car, miss lunch appointments, and I just didn't carry anything in my purse because I was forever misplacing it. It is terribly embarrassing to live that way, and it was so bad that twice I forgot to go to the memory class I was taking.

"Finally I decided to try your Relax and Let Glow Tape with some extra suggestions of good comprehension and perfect recall. My pet line was, 'Your friends will begin to compliment you on your excellent memory.' I put the tape recorder in the middle of my bed so I couldn't miss it at bedtime, and began to use the tape as I was going to sleep. After just the first week, everybody noticed a marked improvement. I haven't misplaced a thing for over a month now! I haven't shaken the ding-bat thing, but now they're calling me the sharpest ding-bat in captivity. I think that's kind of cute, and a good reminder to keep using the tape. The

reason I'm writing you today is that I was just informed my work has improved so much that I am scheduled for a promotion and a nice raise, starting the first of next month."

HOW TO INSURE THAT YOU WILI. HAVE EVER INCREASING PERSONAL POWER AND INFLUENCE

Happily we are all very different in personal taste; this provides the variety that keeps life interesting. You may feel that we have given you many more techniques than you need for personal confidence and influence. If so, just take the parts that appeal to *you*, but *use them.* Because I was a very timid, shy and retiring person way up into my early twenties, this subject is very dear to my heart. My first tiny handle on life came from the Light and its use in the Psychic Development Exercise with the added ritual of sending the Light before me to make the path easy and the way straight.

The affirmation, "I am Light going to meet Light, and only goodness can result," was the "whole bit" for me for many years–and it helped me cope with the world and begin to get comfortable with it. Then came the challenge of ESP Lab and the responsibilities of leadership in this cause that meant so much more to me than business success. Without the extra boost from the cone of power thoughtform and the root center breathing, I would once more have been uncomfortable.

Let me challenge you in this way: you may feel sufficiently comfortable now so that all these things are not necessary. Fine, but don't shrug them off as useless. Remember that this specialized extra help is available if or when you do need it. The prudent person would experiment with these techniques enough to see that they work, then file it in his memory banks for use when the going gets tough. Be a good eclectic and use what is here to build a positive, fruitful and happy life that you *know* you can keep.

CHAPTER POINTS TO REMEMBER

1. The root center breathing exercise will turn your bar magnet thoughtform into a real super-magnet. Practice well so you can use it in any psychological emergency.
2. There is a psychic battle for mood dominance whenever two or more people are in the same room. Study it and learn to

let other people's good moods give you a lift, but avoid being dragged down by another's bad mood.

3. The root center breathing technique is invaluable in winning the mood dominance struggle. Enjoy watching your power lift the spirits of all around you.
4. It may seem too complicated to be always alert to the mood dominance struggle. After you fully understand it, you can build a monitor/regulator thoughtform to operate the complete psychic system for you, including throwing you into root center breathing unconsciously when there are negative thoughtforms or mood energies close at hand.
5. Learn to enjoy watching your monitor/regulator thoughtform at work. There is an extra measure of comfort and confidence when you know that you are protected even when your conscious mind is in deep concentration on more mundane matters.
6. The autohypnotic power of the Relax and Let Glow Tape will work to brighten your aura and increase your psychic power and influence while you rest or sleep. Use it as it is presented or with special personal suggestions added. It will work wonders for you while you rest.
7. Don't ignore a good technique just because you don't seem to need it right now. Be a good eclectic and try it out. Then file it in your memory for use if you do discover a need for it. It will add a measure of confidence and influence that is indeed priceless.

MIRACLE STEP 11

How to Protect Yourself Against Secret Psychic Attack

As your growing personal power and influence carry you higher up the ladder of success, you become a more frequent target of jealousy, resentment and secret psychic attack. This is one of those times when ignoring the negative will not make it go away: positive defense is the only way to survive comfortably against secret psychic attack.

THE REALITY OF PSYCHIC ATTACK

Let's return once more to modern aura photography for our first understanding of psychic attack. When the subject is angry, the normally smooth aura becomes spiked or porcupine-like. Closer observation will reveal that many of these spikes break away and speed through the air to literally attack the aura of the person at whom the subject is angry. Thus we can assert on purely scientific grounds that having someone "mad" at you automatically puts you under some degree of psychic attack.

The same basic principles apply to jealousy, and even more so to deep-seated resentments. Thus there is more truth than metaphor in the old expression, "I felt him looking daggers at me." We can quite accurately compare exposure to this form of attack to

exposure to atomic radiation. Minute amounts are quite harmless, larger amounts will make you sick, and too great a dose is lethal.

As if this were not enough, there are many accomplished occultists or psychics who may step over the white line and build thoughtforms deliberately designed to control your actions. Our Chapter 3 example, "Lover, you want me desperately, call me now," is mild by comparison to what a misguided person might build and send to you! And I have first-hand knowledge of wives who wanted the money but not the man and sought outside help from practitioners of the black arts to kill the husband! Or spurned lovers who have gone to the Voodoo priest to have their ex-suitor's "paths blocked."

How M.H. Suffered But Overcame Psychic Attack Wrongly

You may be naive enough to believe that things like this can't happen in 20th Century America, but if so you're dead wrong! If you're thinking of trying it on somebody, beware of the boomerang effect! M.H. suffered for several years from the powerful effect of resentment thoughtforms from his ex-wife. When he would resist what he considered her excessive demands for extra money or seemingly unnecessary medical items for the children, the resulting psychic attacks consistently put him to bed for two days to a week.

Finally he realized what was happening to him and took defensive measures—a Voodoo-like ceremony that involved wrapping a doll in many layers of gauze while chanting and claiming that her negative thoughtforms were bound to her and could no longer get out to hurt him. In less than three weeks, she was rushed to the hospital with a serious heart attack! But M.H. himself suffered severe guilts and found a considerable weakening of his own psychic abilities for some time; he "knew" that it was his work that put her in the hospital, and that was enough to hold him back for several years.

I use this example not as a suggestion for your actions, but to stress the seriousness of the psychic powers. It is always better to defuse a bomb—any explosion may hurt you as well as the originator. Let's turn our attention to careful detection before we go into safe and sane methods of defense.

HOW TO BUILD A THOUGHTFORM ALARM SYSTEM TO DETECT PSYCHIC ATTACK BEFORE IT HAS TIME TO HARM YOU

For years I used the concept of a mental radar sweep of your aura and the surrounding area to sense the type and quality of the thoughtforms and energies around you. This is still a good technique and should be practiced as a way of getting used to setting up a full psychic protective system.

The operation is simply to decree (or imagine) that the sensitive, feeling part of your nature is concentrated in a beam extending out three feet in front of you. Then move the beam up and down and around you in a complete circle, making mental notes of all the psychic sensations. When you get used to doing this, it is a 15- to 30-second operation that tells you the quality of your psychic atmosphere and warns you of any negative thoughtforms that may be lurking about in hopes of getting at you. If all feels well, you go on about your normal business. But if you sense a "bogey," mentally capture it and drag it around in front of you for interrogation. Ask it, "Who sent you and for what purpose?" And it must answer! But the answer is obviously telepathic.

A few days' use of the mental radar sweep will naturally create a radar sweep thoughtform that can be hooked into the monitor/regulator thoughtform we built in our last chapter.

Under the direction of your monitor/regulator thoughtform, the radar sweep can be a continuous operation that comes to your conscious attention only when there is a danger that requires your attention for correction. The ideal configuration is the radar sweep taking place just outside your sphere of protective Light, thus setting up a buffer area for handling any negativity or psychic attack before it has a chance to harm you. You should be sufficiently proficient at thoughtform building by now so that we can leave the details of this one to you and look at the help it has brought to others.

TYPES OF INFORMATION FROM RADAR SWEEP

There are two basic types of information to be derived from the radar sweep thoughtform. One is the danger from negativity or psychic attack, and the other is advice or warnings from your spirit guides. V.W. was standing beside his company truck waiting for the balance of his load. Suddenly his monitor/regulator

thoughtform signaled attention to a spirit voice. It said: "Go across the street to get that ice cream cone you wanted, right now!" V. acted on the suggestion, and while he was in the store he heard a loud crash. An out-of-control vehicle had crashed into his truck, right where V. had been standing! As V. explained it: "If I had not obeyed that impulse quickly, I would have been seriously injured if not killed. There's nothing like that monitor-controlled, radar sweep thoughtform to keep you out of trouble."

You may feel that you have a good enough rapport with your spirit guides to have that kind of help anyway, but how about the other class of protection, illustrated by the following incident.

F.A. was taking a shower when his monitor/regulator thoughtform brought him an erotic picture of one of the girls at his office. Let's let him tell you the rest: "R. was cute, but seemed so very prim and proper that I never thought of dating her. But that thoughtform in the shower was too strong to pass up, so I decided to tease her with it. I managed to pass her desk while no one was within eavesdropping range and said, 'I got the wildest picture of you in the shower with me this morning.' Her reply was, 'I was afraid you'd never invite me!' It was the start of an unbelievably wonderful relationship. I often wonder how much enjoyment I would have missed if I hadn't picked up the message with my radar sweep thoughtform."

I try to keep you open to the purely positive side of this work with examples like the above, but we must be serious as we consider the finer points of psychic protection.

THE BLACK ARTS ARE REAL; COUNTER MEASURES MUST BE IN THE SAME TERMS

It's bad enough to defend yourself against the natural barbs of other people's jealousy and resentment, but that's child's play compared to the problems that come when you run afoul of a practitioner of the Black Arts. We have been studying the powerful psychic energies, and it takes very little imagination to see how they can be misused by a person with an underdeveloped conscience or one who is so full of vindictiveness that the normal social ethics are pushed into the background. There are techniques of sympathetic magic, including the famous voodoo doll, that serve to amplify and focus the negative energies. And there are still

a few who have found the power to conjure demons from the dark reaches of the astral to attack. I certainly hope that you are never subjected to this sort of thing, but don't live in the fool's paradise of "It can't happen here."

How a Situation of Extreme Jealousy Was Conquered

Shirley S. met a handsome man at a party and they took an instant liking to each other. They began to date regularly, but very soon Shirley began having hideous nightmares–to the point that she was afraid to sleep. It didn't take her too long to figure out that her attacks heightened after each date with the handsome friend, so she made excuses to avoid seeing him. It would have ended there, but Shirley was open-minded to the occult and sought advice from me. I saw another girl who wanted the man because he was quite wealthy.

The other girl was using a vicious form of attack on Shirley and renewed her efforts every time Shirley had a date with their mutual lover. It took all the techniques we will give you at the end of this chapter, but Shirley was entitled to her freedom and so fought with the valor of innocence. She resumed dating the man and they have been happily married for several years now. Without the understanding and defense it would have been quite otherwise.

Detection of Attack Is First Step

Detection is certainly the first step in specific defense. We can assume that your sphere of protective Light is working well and that you may also be using protective amulets and medallions or the strong help from your basic religion, such as the St. Christopher Medal. But a signal from your radar sweep thought-form of powerful negative forces must be recognized and acted upon as quickly as possible.

Let's consider the obvious question: What if my detection system is not good enough or develops a malfunction? Let's add the other possibility that the practitioner against you is one of those well-meaning creatures who honestly feels he (or she) is helping you: these control thoughtforms would come on a soft vibration of love and so might escape detection by the alarm system. A detached, spectator's view of your overall life situation

should be attempted for a few minutes once each day. This is the time to spot trends of "bad luck," people reacting negatively toward you without reason, irrational impulses, strange aches and pains, or any negative shifts in your general attitude. Most of these things can be corrected within *you* as soon as they are noticed, but those that don't respond to your normal self-help methods may be the warning symptoms of powerful, secret psychic attack.

We must avoid any feeling of alarm because that is itself a negative reaction which tends to encourage and indeed feed the attacking thoughtforms. The technique of capturing the questionable thoughtform and bringing it around in front of you for questioning is excellent in situations of this type. You can often determine both the *who* and the *why* of their existence, and so know much more about the situation to help you choose the degree and power of the defense. Yes, a good psychic whom you know and trust may be helpful in such a situation, but the data does get filtered through an extra set of hang-ups that way, and speed may be more important than the added accuracy. For many situations it is better that you not know the source of the attack—thus you can avoid guilts similar to those of M.H. in our chapter opening example. The well-known positive precept of good business fits well here: *Fix the mistake, not the blame.* But powerful defensive measures should be taken whenever there is good reason to suspect secret psychic attack.

HOW TO DELIVER A MIGHTY THUNDERBOLT FROM YOUR THROAT CENTER

We must recognize that defense against psychic attack fits into the classic concept of the battle between good and evil. If you have actually wronged the attacking party, whether intentionally or not, take all possible steps to correct the mistake; in other words, make amends! A reasonable amount of "bending over backwards" in this area will help the power of your defense as events unfold.

This is perhaps best illustrated by the technique of the defending Kahuna who makes an impassioned explanation to the attacking entities that their programmed victim is indeed innocent and worthy; therefore the practitioner who ordered the attack is

the one deserving the evil, and if the defender is successful, the victim is freed but the attacker reaps the whirlwind of misery. You will definitely find that your own sense of personal *worthiness* is a major factor in the success of your defense.

Your "Thunderbolt" Weapon

Now let's see about a weapon. In the ancient Nordic traditions, the mighty god Thor hurled his thunderbolts in tangible defense of the worthy. Clearly a thunderbolt could be considered a powerful thoughtform "zapper," breaking up the attacking thoughtforms into harmless blobs of psychic energy that simply return to the basic pool of infinite energy. We can tell from the color of a thunderbolt that it is associated with the electric blue of the throat center.

The Technique

To prepare, we will use the power of the throat center to build and charge a thoughtform of a thunderbolt cannon, or if you have a strong navy background as I have, you can build a turret with three 16-inch guns. Make the energy ball between your hands as usual, and mold it with the image from your eyes while you charge it with the bright electric blue of the throat center. Then tie it to the power of Thor by chanting aloud as you continue to send the Blue Energy to your thoughtform:

> Mighty Thor, whose bolts are blue, rightful help I ask from you.
> Charge my thoughtform with your power, all attacks against me sour.
> Thunderbolts do fire on cue, strike your mighty blows of blue,
> That my life be free of dread, living in bright Light instead.
> My thanks I offer now to thee, and as my will so must it be!

Then hook your new thoughtform into the basic protective system, and speak to it directly: "You are my powerful thunderbolt-shooting thoughtform, programmed to destroy all negative thoughtforms and repel all undesirable entities who come near me. I put you under the direction of the monitor/regulator thoughtform except on those times when I choose to direct you personally. Your source of fresh power is from the Infinite Energy

through my throat center, and it is unlimited. Fight well and secure the victory that is rightfully ours."

This is another good example of work that should be done when you are not under pressure. Just as in international relations a peaceful nation with a large and well-equipped set of armed forces is less likely to be molested by aggressors, so your preparedness in times of peace will help avoid the unpleasant times. One or two "test firings" at the normal bits of negativity that float at random through any psychic atmosphere should give you the feel of your thoughtform and the confidence that it will work when you need it.

A Typical Situation Handled by Thunderbolt Technique

Feedback reports from the use of the thunderbolt thoughtform often read like wild science fiction stories, but I have seen enough in person to recognize the thread of reality that certainly runs through them.

Here is a typical report from Y.R.: "I had an unpleasant run-in at the office yesterday with a person I have long suspected of practicing black magic. There was enough uneasiness when I got home to make me feel it necessary to recharge and test my thunderbolt thoughtform. After a 20-minute session of aura cleaning and thoughtform charging, I felt it was safe to put the whole system on automatic and relax.

"I was tired from the day's unpleasantness so I went to bed early. About 2:00 A.M. I was awakened by the noises of a wild battle! My aura vision was good in the soft light with my rested eyes, and I joined in by channeling extra blue energy through my throat center to the thunderbolt thoughtform. You wouldn't believe the activity!

"Thunderbolts were flying all over the place breaking up big black clouds of attacking thoughtforms. It made the TV shots of World War II battle scenes look like a children's taffy pull. But my preparation was excellent and I was able to watch almost completely as an interested spectator. After about half an hour, things seemed to settle down to a quiet normal. Obviously my forces of Light had won.

"I said a big prayer of thanks to Thor, the Infinite, and to my

spirit guides for their help, and settled back into a restful sleep. By morning I wondered if the whole experience was some kind of a dream, but when I went to work I found out the truth. At approximately 2:30 A.M. the morning of the psychic battle, my yesterday's antagonist suffered a stroke and was rushed to the hospital. I *know* that this was not a coincidence, but I can feel no guilts. All I did was set my protection and go off into an innocent sleep."

HOW TO BORROW EXTRA HELP FROM THE TRADITIONS OF CEREMONIAL MAGIC

The picture of a black witch stirring her cauldron and chanting, "Eye of newt, horn of toad, destruction bring to his abode," is not completely unfounded. There are negative uses of herbs, oils, candles and incenses to power the spells of secret psychic attack. But as in any other type of warfare, for every offense there is a defense. Your Thor's thunderbolt thoughtform should be a formidable weapon for you, but a few basic precautionary measures of a more or less mechanical nature will make good supporting artillery for it.

The Technique

The protective traditions of the White Magician or Witch have come down through the ages because they work. No, I'm not saying that a bit of incense and a candle will take the place of your sphere of protective Light and the thoughtform-zapping thunderbolt, but they will add a measure of help that can insure your victory over any attack. We will put it all together in a powerful defensive ritual to close this discussion, but first let's seek a bit of understanding of the principles.

Candles and incense are considered forms of sacrifice and symbols of lifting the material part of one's nature to the higher and finer realms of spirit beingness. Thus we see candles and incense used in the religious traditions of Judaism, Christianity, Buddhism, Vedanta, and just about any other religion of mankind. We find the origins of these practices in the nature religions that pre-date all of the surviving organized systems of worship.

There is not space here to explain the details of how these practices work. If you are interested in background, I refer you to

my book, *Helping Yourself with White Witchcraft,** but for now let's be about preparing for the psychic protection ritual. The normal meditation place in your bedroom will do for the setting, assuming that you have a few simple altar accessories including an incense burner, small containers of earth and water, two candle holders, a candle snuffer, matches, and a way to hook the door to insure privacy.

Preliminary Preparation

Preliminary preparation should include putting a small glass or jar about half full of household ammonia behind each exterior door and one on your altar. Ammonia is a powerful deterrent to negative thoughtforms and entities and will help prevent their entry as well as putting those present on the defensive.

With your ammonia in place, go to your altar with the following supplies: (1) two bright blue tapered candles for your candle holders, (2) one white seven-day candle in a clear jar, (3) a good sandalwood, jasmine, or special entity-removing incense, (4) a 1/8 ounce of brimstone (powdered), (5) sandalwood and myrrh oils, (6) a clove of garlic, (7) a glass of water with two tablespoons of salt dissolved in it. Wash your face and hands, hook or lock your bedroom door, and take your supplies to your altar. You should be wearing as few garments as possible: the true practitioner wears nothing, thus insuring no obstruction to the free flow of the energies from the psychic centers. Now we are ready to begin the ritual itself.

A POWERFUL RITUAL FOR PROTECTION FROM AND DESTRUCTION OF SECRET PSYCHIC ATTACK

Ritual Step 1: Sit comfortably at your altar, light the blue tapered candles, and make a good attunement with the Light. Feel a brightening and renewal of your sphere of protective Light. Then speak aloud: "Infinite Spirit, Saints of all religions, my own Spirit Guides and Teachers, I claim your love and help as a child of the Light. Help me now to sweep away all negative spells and entities, *that I may live in peace and light forevermore.*"

Ritual Step 2: Light your incense and place it in the

*Parker Publishing Company, West Nyack, N.Y.

incense burner as you say aloud: "All beings of the Light, share this protective fragrance with me in love."

Then take a pinch of the brimstone and sprinkle it on the glowing incense, and say aloud: "To all negative thoughtforms and entities, smell this taste of hell, where you must be consigned unless you reform and choose to become creatures of the Light. All beings not of the Light be gone and return no more."

Ritual Step 3: Put a drop of sandlewood oil on your finger and make a cross with it on your throat center. Then picture your bright blue thunderbolt cannon thoughtform and fill it with fresh energy from your throat center, saying aloud: "The mighty forces of thunder and lightning now join the power of fire for my perfect protection."

Ritual Step 4: Pour several drops of sandalwood and myrrh oils into the top of your seven-day candle. Rotate the candle jar to get the oil spread around the outer edges of the candle so that it will not choke the wick. Light your candle and claim aloud: "Both symbolically and literally, the burning of this candle burns away all negativity that has been near me. The candle light binds my oneness with the Infinite Light, and nothing of the darkness can come near."

Ritual Step 5: Repeat (preferably from memory) your favorite of the 23rd, 46th, or 91st Psalms or your own favorite prayer for protection and Light.

Ritual Step 6: Put the clove of garlic in the window sill nearest your bed. As you put it there say aloud: "This fragrant herb adds its power of protection to this mighty work." Then walk all around the outer edge of the room, sprinkling salt water by dipping your hand in the glass and shaking it toward the floor as you repeat aloud: "Salt in water, the ocean's power, protects me always from this hour."

Ritual Step 7: Return to your altar and raise your hands as if you were a priest giving a benediction. Say aloud: "Saints and Spirits of the Light, I give you my sincere thanks for your constant love and protection. I know that you are with me and I am perfectly protected forevermore. Thanks to all and so must it be." Then snuff out your tapered candles, but let the seven-day candle burn on, and the ritual is completed.

A Benefit Realized from the Ritual

N.I. reported on her use of the ritual: "For almost 15 years we have joked about our family curse. It did indeed seem that the whole world was constantly arrayed against us. I have tried all manner of psychic help and prayer work over the years, seemingly to no avail. Then I used your Ceremony to Destroy Secret Psychic Attack.

"I am amazed at the immediacy of the positive results. My husband had been out of work again, this time for almost six months. The morning after my ritual he received a call to the best job he has ever had, and his future looks bright indeed. A host of minor aches and pains throughout the family disappeared, and for a capper I won $300 in a contest–the first thing I have ever won in my life! The world may say *coincidence*, but I certainly know better. I plan to repeat the ritual once a month to keep things positive and wonderful."

CHAPTER POINTS TO REMEMBER

1. The new science of aura photography has demonstrated that anger and resentment cause real psychic attack on the object of the upset.
2. Practice the mental radar sweep of your aura regularly as a way to notice psychic attack before it has time to harm you. Regular practice will help you build your radar sweep thoughtform to add to your system of psychic defense.
3. Extra benefits from the radar sweep thoughtform come as your spirit guides use it to get your attention for guidance and new opportunities.
4. You can make an attacking thoughtform reveal its source and purpose to you. Build the habit of extracting this information from all thoughtforms that come near you. This will be a big asset to your psychic defense system.
5. Even in 20th Century America the black arts are practiced. When you find that you are under this form of violent attack, keep calm and use the defensive techniques of this chapter. When in doubt, use them anyway because they are harmless to all who are in the Light.

6. Build your thunderbolt cannon thoughtform "zapper" and test it. Then hook it into your basic psychic warning/protection system. This will swing into action, often before you realize you are under attack, and see you safely through the most difficult situations.
7. The additional power of candles, incense, herbs, oils and ritual add to your perfect psychic protection. Study the psychic protection ceremony and use it whenever you sense a major psychic attack. Regular monthly use of the ceremony is beneficial in clearing away any negativity you may have accidentally picked up in your aura.
8. Use the tools and live what the world will call a "charmed life."

MIRACLE STEP 12

How to Use Psychic Thought Transference and Telepathic Communication for Irresistible Powers

We live in a world of ideas and thoughtforms. Some spur us to great heights of achievement while others limit us and push us around. How well do you share or spread your ideas? Mankind calls this communication—but it is one of his greatest weaknesses. Words are very loose carriers of meaning that get so colored by individual experience and prejudice that even a carefully written legal document may wind up in a lawsuit over its interpretation.

Closer to home is one of my favorite examples of sloppy communication: When I say the word *apple*, what do you picture in your imagination? The normal person will think of his favorite apple, usually a big juicy red one. But I'm a pippin fancier so I see a bright green one, and someone else may see his in a pie. There may even be a few who feel revolted because they have had some kind of negative experience that they associate with apples, or they were overly impressed by Snow White and the Seven Dwarfs. If we are to assume our proper roles of influence and power, it is necessary to improve and clarify our communication techniques—and learn to *fully* impress our ideas on others.

HOW TO BUILD A MESSENGER THOUGHTFORM TO DELIVER YOUR THOUGHT MESSAGES TO OTHERS

In our basic thoughtform chapter (Chapter 3) we discussed the techniques of elementary thought transference by the thought-form-building process. By now you should be able to get a phone call from any close friend with ease, and get cabbage instead of lettuce when you send the thought and taste of cabbage to your spouse. These are basic thoughtform applications which you should be using regularly to keep the psychic faculty sharp.

Now we will address ourselves to the more complicated and "important" situations. Perhaps a group of people whom you have never met are involved in making decisions that affect your future directly—a wage review committee, a grievance committee, an insurance board, or the jury in a court trial are typical examples. How will you impress people who are important to your future when there is no chance to go into their physical presence? Obviously we need a thoughtform full of enthusiasm for your cause or idea to visit all the individuals involved in the decision and do the selling for you.

The Technique

For creation of this special thoughtform, I like to allow three days. As always, the first step is to do the thinking necessary to build a clear mental picture of the result you seek. This is surely not the time to settle for lettuce instead of cabbage. When you are ready, go to your psychic work place and build the basic thought-energy ball between your hands. Next, through your eyes and brow center, project the very clear picture of your desired result into the energy ball. When the picture is perfectly clear, begin to feel it as already completed and experience the natural burst of enthusiasm that would come to you as a result.

Work that feeling of enthusiasm to the strongest possible pitch as you channel it into your thoughtform ball. When you know you have done all you can for the moment, put your thoughtform gently in a safe place and instruct it, "Grow strong and wait for me here. I will be back to feed and care for you soon." Then once or twice a day, go back to your thoughtform, pick it up and love it. Look for the clarity of the thought and

generate more enthusiasm to channel inside it. Then again set it tenderly aside. By the third day your thoughtform should be so full of enthusiasm that it virtually screams its readiness to you. When you have fed it with enthusiasm for the last time, instruct it: "You are ready now. Go immediately to visit each member of the committee. Find the way to get through to each one and plant your happy thought. Then attend the meeting personally and make sure that your mission is accomplished. Go in enthusiasm and *win.* So must it be." Then toss it gently into the air and watch it head enthusiastically away to succeed.

Cases of Telepathic Results

I am personally acquainted with three people who know that they influence both congressional and state legislation in this manner, but the case of A.B. may be of greater interest to you. Her company has a highly formalized and constricted wage policy with formal committee review of personnel records and wage decisions without the presence of the employee. Wage raises are set in steps and the basic company custom is to raise an employee one step every second review.

A.B. liked her job, but was far too ambitious to accept the normal company policy without a psychic battle. So she built a very enthusiastic thoughtform and programmed it with the idea, "A.B. is entitled to a whopping big raise, far beyond normal company policy." She finished her work the evening before the committee was scheduled to meet and sent it on its way. Here is her report:

"I am extremely pleased and happy with the results of my whopping big raise thoughtform. I sent it to the committee the night before the meeting and this is the almost unbelievable result: I was raised three full steps (to the top of my position's salary range) all at once! And the committee tacked on a further recommendation that I receive a promotion within 90 days! This is completely unheard of in this organization. I guess all I can say is *I like it*!"

HOW TO BUILD A WATCHER THOUGHTFORM TO GATHER USEFUL INFORMATION AND "INTELLIGENCE"

We must approach the idea of a watcher thoughtform with

some caution. Nothing can be a greater source of misery than a mis-used watcher that degenerates into a vicious gossip monger, but it is a magnificent tool when used with emotional maturity. We may compare it to a good closed circuit TV set up for surveillance of critical security areas: in the hands of properly trained, positive people it is a powerful tool, but people with loose tongues who jump to conclusions can create chaos with it. Your imagination is good enough to suggest all sorts of negative possibilities, so we will not dwell on that part; instead, we will just suggest that you keep a strong sense of ethics and emotional maturity as you apply the techniques of this section.

In the days before television, occultists used a thoughtform of an eye for their watcher work, but a TV camera is a useful update of the concept. Take three days to build a solid picture of a TV camera in your normal thought/energy ball. Test it each evening by sending it into another room of your house to see the things you know are there. Here the sharp student will ask, "How or where do I receive the pictures?" The answer is you already have a marvelous TV set inside your head. Simply close your eyes, then roll them up as if to look out through your forehead, and you are looking at your TV screen.

Mentally hook a cable to your camera in the other room and test it. There may be a few fine tuning and focus problems at first, but practice will bring in a clear picture. If you were around when the first public TV sets were introduced, you will remember having the same tuning and adjustment problems. The first time or two it took several minutes to get a good picture when you changed channels, then you got the feel of it and it worked fine for you. The same idea applies here; imagine a set of controls to adjust your picture and stick with it until you can control its clarity. Next practice panning the camera around the room and keeping a good focus on your picture. When you can control both camera and picture well for three consecutive nights, you have the system "on stream" and are ready to put it to useful operation.

Uses for Watcher Thoughtform

The watcher camera thoughtform is an efficient way of locating lost articles—either by search or by re-running events at the time you last remember having the article. The re-run concept

shows you that your watcher is not limited by time. It can go back indefinitely, and even forward in time for prophetic work for reasonably near future events. There are so very many positive applications that it should be easy to resist the temptation to tune in on neighborhood hanky panky or other events that might generate anxiety or negativity around you.

Actual Examples of Persons Using the Thoughtform

B.J. reported: "I was out of town on a business trip and had to miss my favorite class in the occult sciences. Instead of being upset, I decided to take this as a good opportunity to use my watcher thoughtform. When my day's work was done, I had a comfortable dinner and retired to the motel room to view the class. I was able to pick up better than 75 percent of it—it was really the next best thing to being there. When I went back to class the following week, I repeated several of the funny anecdotes and accurately gave the seating arrangement and the order of the people who were taken to the healing chair. It gave all the class members a new enthusiasm for the watcher thoughtform."

On the practical level, S.D. uses his watcher to predict the market for a few of his favorite stocks. Once a month he runs the watcher through the weekly summary of each stock's activity for each of the next five weeks. Let's see his enthusiastic report: "Wow! What an investment counselor! Since I started using my watcher to preview the movements of my stocks, I have averaged a return of ten percent or better *per month* on my investment portfolio. I'm sure that my broker thinks I'm a wizard or a warlock, but he sure treats me with respect. I use a good part of my profits for my pet charities, but I'm also building a very nice 'Divine Surplus' of about $50,000 for any special opportunities that come along."

The watcher has many intensely practical applications. Let your creative imagination guide you to special uses of your own.

HOW TO BUILD A THOUGHTFORM SPEAKING TUBE TO COMMUNICATE AT A DISTANCE

The thoughtform tube is one of the true basic tools of the occult or psychic world. In our class work at ESP Laboratory, we

take three weeks to build it and get to practical applications in the fourth. If you can apply the earlier work of this book and go faster, good. But if your quickie attempts bog down, then turn back to the fundamentals we will give you now and push on to certain success.

The Technique

To prepare for the first exercise, trace around a half-dollar (coin) to produce a circle, then fill it in with blue or purple ink until you have a blue or purple dot, half-dollar size, on a letter-size piece of writing paper. Take the purple dot to your altar and stand it up in front of you at a comfortable viewing distance from your eyes. For the first week we spend fifteen minutes each evening just staring at the purple dot in quiet contemplation. There will be many interesting manifestations of lights and colors from this contemplation. Enjoy them, but don't let them distract you from the work.

At some point in this exercise, you may find yourself in a state of astral projection; again just enjoy it but don't let it distract your work. (We will get into astral travel in our next chapter.)

For the second week of the exercise, put the piece of paper with your purple dot away. This week we sit in meditation and build the picture of the dot in front of us. Build it and hold it there for fifteen minutes each evening of the second week. We start the third week by making our dot three dimensional. Build it as usual; then *will it* to project right through the wall, forming a tube as it moves. Practice until you can see the studding inside the wall, then send it farther but all the while *seeing* where the other end of your tube stops. Fifteen minutes of this practice during each evening of the third week gets you ready to use the tool as a speaking tube. You have already realized that this tube can be a substitute for your watcher-TV camera thoughtform, but if you're gadget happy like me you will want both. Obviously the more tools you build, the greater your personal disciplines—and therefore your ability to solve any problem that presents itself.

How to Test the Speaking Tube

Now we are ready to test your thoughtform speaking tube. Pick a friend or relative who is relaxed and open-minded about life for your first subject. To speak clearly to an up-tight type in this way might cause an accident or even a heart attack, so be sure to practice with consideration of the mental state of your "victim." The method is simple enough now that you have the discipline. Make your purple dot and will it to extend close to the ear of the one you wish to reach. For the test, I like to use a variation of the "call me" thoughtform. Speak aloud into your purple dot tube saying, for example: "Jack, this is Helen. Please call me as soon as it is convenient for you." Repeat your message three times, and give the phone number if the person might need it. Then relax and wait to see how well your voice travels through the psychic tube. If the phone rings and you answer to find an excited voice saying, "I'd swear I just *heard* you asking me to call you," you know that your tool is working well. With others who understand the occult, you will find it possible to pick up their spoken answers through the tube as well. Thus two-way communication is altogether possible between two alert individuals.

Other devoted practitioners use the tube for direct communication with their spirit guides and teachers; it is a particularly good technique for those times when you feel cut off or left out, and your discipline will make the tube work for you where other methods may be blurred.

How an Accident Was Averted

It was the first time that Mary R.'s daughter, Julie, had driven a car to a distant city, and Mary was the typical apprehensive mother. There had been some rain the day before that added to Mary's concern, so she sat down to meditate. Very quickly Mary saw a picture of a road she recognized as the one Julie would take, and there just beyond the old mill she saw the bridge washed out. Julie had already left and Mary felt a moment of panic before she thought of the speaking tube. Mary built her tube and sent it to Julie. She spoke sharply, "Julie, the bridge is out by the old mill. Take the longer way." She repeated it several times, then paused and got her reassurance. From the tube came Julie's voice:

"I hear you, Mother, and I'll go the other way." Julie's safe return gave the whole family a new measure of confidence in the speaking tube–for the bridge really had been washed out.

HOW TO SELL AN IDEA

Some of us work for causes, others for personal credit. A balanced life will bring you a good measure of personal approval and respect from your fellow beings without scratching for it. Much of the work we have done up to this point is very personal in its benefits. But there are times when a cause or idea is clearly more important than any human being–even you. To General Billy Mitchell it was airplane power for his country, but the course of history shows that he pushed it too hard and suffered great personal hardship as a consequence. When there is apparently powerful resistance to an idea or cause that you believe is especially important, you have first that bit of soul searching to do. Which is more important, advancement of the idea or that you get credit for thinking of it? If the idea wins, we have a virtually fool-proof method of winning for it.

Choose the person whose position is such that because he presents the idea, the usual opposition is nullified or put at a big disadvantage. If your Board Chairman is the bottleneck for a business deal, by all means pick him; or if you are in management, but the idea must come from the union, pick the influential union leader–or even the pastor of your church if he seems the right man for the job! Next, assume that this person is sold on your idea and imagine the words and phrases *he* (or she) would use to enthusiastically present it.

Then build a messenger thoughtform and program it with the idea *in his own words* and send it to begin the work. The evening before the meeting where you plan to win, send the speaking tube to your prospect and softly speak the message in a voice and inflection as close to his own as possible. Then go to the meeting in confidence. Pose a question that your pet idea will solve, and wait. Your chosen one will think of the idea and verbalize it at least partially. And here is where you come in with the "capper." *Under no circumstances do you claim the idea.* Instead, look almost shocked, then praise him for the brilliance of his thinking!

You can do this with sincerity because you do sincerely favor it, and the praise will marry the person to the idea!

There are variations depending on the psychology of a particular individual: if there is a natural conflict between you, a series of weak objections may be more effective than praise, but prior meditation and planning will show you the best course. A sneaky trick? It sure can be when it is used successfully against you by an unscrupulous adversary. But if you use it only to promote a worthy cause, there is a glow of altruistic self-sacrifice about it.

How a Complicated Business Deal Was Accomplished

R.Y. is the owner and major stockholder of a rapidly growing company. Several years before, when the company was small and not very profitable, he had put in a profit-sharing plan that gave his five top department heads and their assistants an aggregate of a certain percentage of the company's pre-tax profit as cash bonuses payable the 25th of each month for the previous month's earnings. The plan had produced exactly the impact the little company needed–its sales volume doubled every year for four years while profits improved in an even more remarkable way.

But the growth brought an unexpected new problem. R. had managed his company's finances very well, and the growth was financed completely out of earnings and R.'s savings that he loaned to the company. Now, however, the numbers were becoming relatively astronomical and R. realized that it would be necessary to seek outside financing. His banker suggested an underwriter for a public stock issue. Then came the hurdle–the profit-sharing plan was totally unacceptable to the underwriter.

R. felt that the situation was critical but he did not dare attack the profit-sharing plan himself for fear of destroying the morale of his key people. The next staff meeting was Wednesday, so Tuesday night R. went to work with a messenger thoughtform to all concerned. It said: "If we are to keep growing we have to eliminate the profit-sharing plan to be acceptable to the underwriter." Then he built the thoughtform speaking tube to his general manager (who received by far the largest piece of the profit sharing), and softly repeated the same message several times. R. felt that he could do no more without bending his personal

code of ethics. The details of the change had to come from his key men. At the staff meeting, R. began: "The underwriter seems a bit hesitant about us, so perhaps we should plan to slow our growth rate for a while. We don't want to run out of working capital."

The general manager interrupted, "Yes, I've been thinking that our profit-sharing plan might look a little hokey to an underwriter." All the others nodded in agreement. So he continued, "R., this year looks very good if we can finance the expansion. How would it be if we sink the profit-sharing plan and replace it with raises equal to 150 percent of last year's average?" With unanimous agreement the change was made. The stock issue proved a big success, and the enthusiastic team took the company on to much greater things.

We might add that wives have used variations of this techniques on their husbands from as far back as the beginning of the institution of marriage. Properly used it does indeed reduce friction and lubricate the wheels of progress. The technique has now been made simple for you.

HOW TO DISTINGUISH BETWEEN YOUR OWN THOUGHTS AND THE PROJECTED THOUGHTS OF OTHERS

All of the work of this chapter has involved techniques of sending thoughts to other people, but it should make us keenly aware that others may be projecting their thoughts to us by these or similar techniques. This brings us squarely against the problem: How do you know if a thought is really yours or was sent by someone else? In our basic psychic defense work we have discussed capturing negative thoughtforms for interrogation as to their origin and purpose, and you should be growing in this defensive skill. But what of positive ideas that are sent to you? How do you know if they are indeed your own?

This is a matter of fine tuning that comes primarily from practice. The biggest single bit of competence in this field comes from being constantly alert to the fact that you live in a world full of consciously and unconsciously projected ideas of other people. Looking at it in this way may give us a different insight into the term *synchronicity*, coined by the great psychiatrist, C.G. Jung. His theory stated that when an idea's time has come it presents itself to as many people as are receptive—then as I jokingly added,

but the first one to use it and get to the patent office wins! Or does synchronicity result from the enthusiastic but quite unconscious projection of a good idea by its originator?

How to Be Effective

Effectiveness comes as you examine each idea and impulse this way. "It may not be my idea. It may well come from somebody else. But is it a good idea for me? Would I accept it if it came from my spouse or a neighbor in normal conversation? If I rejected it from one of them, would I be smart or just prejudiced? And finally, will it work?"

Just as the general manager took the suggestion from R. and spoke up as a good team member to correct an outgrown situation, so there are times when you should "let the other person get away with it." I know both of the men personally and guarantee that the general manager knew that he had been worked on psychically: if anything, he is the better occultist. But he made the decision to help the company grow, and in the process was a momentary hero for getting a good raise for his people. Why not? The same is true for those erotic ideas in the shower. If it sounds interesting and you are free to do so, why not tactfully check it out? But the difference between blindly following a suggestion and *deciding* to go along with a good idea is obviously the difference between being manipulated and exercising your free will.

Between two people who both understand, it can be an interesting game that adds zest to the relationship. As Charlie S. put it: "About 3 o'clock I was at my desk working on a pile of papers when I began to smell and taste pepperoni pizza. A few minutes later I saw an astral pizza floating near me, so I picked up the phone and called my wife. I said, 'All right, Marge, I'll take you out for pizza tonight, but you're not putting anything over on me with that sneaky thoughtform!' She was laughing so hard that it ruined her feigned innocence as she tried to say, 'Honey, I have no idea what you mean.' We practice on each other quite often as a game. It makes our married life more fun and keeps us sharp—no outsider will push us around with control suggestions or thoughtforms."

Practice will bring the same proficiency to you and add a measure of zest to your life for good measure.

CHAPTER POINTS TO REMEMBER

1. Controlled use of your telepathic powers will expand your power and influence by improving your communications with other people.
2. A messenger thoughtform can be used to influence a group of people for favorable action on your ideas–even if you can't be present to present them in person.
3. Whenever time permits, take three full days to build your messenger thoughtforms. This will charge them with enough energy to do a thorough job.
4. The watcher or TV camera thoughtform can be used to gather information from the past, present or future. Build it well and use it often so that it is available for any emergency–or better, so it will help you prevent emergencies.
5. Build the disciplines that allow you to produce a thoughtform speaking tube at will. The exercises will bring many interesting psychic manifestations as a sideline reward. The tube is extremely useful for communication and will have other uses as our work unfolds.
6. Aside from reaching other "human beings," your speaking tube can assist in improving your contact with spirit people for guidance and help.
7. You can easily sell an important idea by projecting it to the other person, then praising him for his brilliance when he mentions it. This is a good tool for sticky human relations problems.
8. Practice is the best way to develop your ability to distinguish between your thoughts and the projected ideas of another. In a relationship of close rapport it makes a zestful game that builds your ability to recognize and defend against the control thoughts of others.

MIRACLE STEP 13

How to Use the Art of Astral Projection for Fun and Profit

We will not waste time and space trying to convince you that it is possible to separate the consciousness from the body and travel apart from it. If everyone else in the world is doing it, but *you* can't, it doesn't exist for you–but conversely, if no one else can do it, but *you* can, then it is real to you and you will take care not to be talked out of it. Our approach will be to give you a choice of several techniques with the suggestion that you give *each* method a good try. Just *one* experience of full separation from the body will explain more to you than a whole book full of words and pictures. One bit of happy fallout is a completely fresh outlook on life. You *know* that you will live after your body has been buried in the ground! But we will focus on the immediate and practical results of harnessing this very special faculty.

HOW TO PROGRAM YOUR SUBCONSCIOUS TO WAKE YOU ON THE ASTRAL

The simplest way to perform an astral projection is to just wake up from a nap or a night's sleep with the two bodies still separated. We will discuss ways to tell the difference between a valid projection and a dream, but let's get to the technique first so that we will have some inputs to evaluate. In our earlier work we

used a mirror to contact the psychic self. We talked to the reflection, telling it what a nice person you are, and then listened for the response. You know that you are able to contact your inner self that way because you have already experienced its responses.

The Technique

It takes just a little preparation for this. Take a piece of Scotch tape and a small object without sharp edges to your meditation place. For the object, I use my meditation stone, but a paper clip or any small lucky piece will do. Get all of the nightly routine of preparing the body for bed out of the way, and go to your altar last. Use the basic psychic development exercise, then pick up your paper clip and show it to the reflection in your altar mirror. Address the reflection: "This paper clip will be your reminder to wake me up after the separation of the astral and physical bodies. You are to return me to full waking consciousness in the astral body that we may continue to become more effective through this new understanding. You may awaken my physical after I return to it, then I will remove the paper clip and make notes on the experience." Then go to bed and drift off to a normal sleep in a mood of happy expectancy.

Even if you don't have 100 percent success the first time, you are very apt to remember some part of your evening's experience. Be sure to compliment your reflection in the mirror for any tiny experience and tell it that it is on the right track. The compliments and praise will help your subconscious develop the ability to bring you to full astral consciousness over a period of time. But how will you distinguish a "normal dream" from an astral experience? Dreams may be in black and white or in very subdued colors, but an astral experience is characterized by the special vividness of the colors. Once you have seen astral colors, you will know what I mean. Astral colors often mix without blending; for instance, an object can appear equally red and blue at the same time without any sensation of purple. Also, you will have the normal sensation of observing the action as if you were there in a body—you never see yourself as a separate being to be watched along with the others, you are *in* the action. If you are not sure about a particular experience, temporarily accept it as

astral so that you can compliment your subconscious and encourage it to bring more definite experiences.

An Example of an Astral Trip

D.J. had this experience to report: "I had practiced the subconscious programming to wake up on the astral about a week, then my mother died. My work was then interrupted by a trip home to help my father get things in order and arrange the funeral. The night after the funeral, I remembered my astral practice and decided to try, even though I was away from my normal meditation place.

"I used the vanity table in the extra bedroom for an altar and used the psychic development exercise before taping my meditation piece to my forehead with the usual instructions. When I dozed off to sleep, I suddenly realized that I was sitting in the living room with my mother. The colors were unbelievably vivid and I knew that this was the astral. Mother looked very good, but seemed interested only in showing me an envelope that was taped under the silverware drawer in the kitchen. It was a terribly short time and then she was gone. I didn't wait until morning, but woke up in my body and went straight to the drawer. There in an envelope were ten crisp $100 bills! Dad had been hard pressed by the funeral expenses, and that thousand dollars sure helped. Mom had saved it for an emergency and took my astral trip as a way to get us the message. Even better was the feeling for Dad and me that indeed Mom still lives and cares about us."

THE CONSCIOUSNESS COLLECTION TECHNIQUE FOR CONSCIOUS PROJECTION

Recognition that you have been conscious on the astral will make the techniques of separating the two bodies while you are awake much easier. The technique we will discuss now more or less splits the difference between waking on the astral and a projection from full waking consciousness; it may produce either at any given time that you use it.

Preparation

Preparation for this technique requires only that you find a quiet place to lie down where your body will not be disturbed. Lie

comfortably on your back with your eyes closed and begin consciously to direct your breathing process. Use the lower back muscles for deep diaphragmatic breathing as slowly as you find comfortable. Each time you inhale, mentally gather the individual consciousness from each cell of your body to a collection point at your brow center. It helps to divide the body into imaginary sections for this exercise. Begin by gathering the consciousness from your feet, next your lower legs, then the upper legs, etc.

When you feel that you have gathered a good measure of the body's total consciousness at the brow center, continue to visualize the remaining bits of consciousness coming from all over the body as you inhale; then as you exhale, begin to project this collected consciousness to a point of Light you imagine on the ceiling. As you continue collecting on the inhalation and projecting as you exhale, one of two things will happen. Either you will slip into a light sleep and enter a projection like those when your subconscious mind wakes you on the astral, or you will suddenly become aware that you are conscious on the ceiling, floating comfortably above your body.

The Time Element

How long should it take to get out? This is my favorite bed time technique; for me it never seems to take more than ten to 15 breaths before my astral body is off somewhere. But the first few times you try you may be excessively nervous about it and temporarily block your projection. Spend no more than 20 minutes at a time on this in your beginning work. If that does not get you out of the body, tell yourself that you will work on relaxation and try again later. Most people can achieve projection on at least one of the first three tries, but it may take those with a nervous nature longer. With this method, *practice will surely get you out* of the body, sooner or later.

Definite Target Location Necessary

Jerry Y. ran into the only pitfall in this method. He wrote me to complain, "By the fourth breath I'm completely asleep. How do I get around that?" This requires picking a definite target place to go in your astral body. Instead of projection to a spot of mystic

Light you put on the ceiling, visualize your target place in three-dimensional living color and keep the image bright and clear as you perform the breathing. You may argue later that you were "only dreaming," but there will be an experience *in the target place.* Jerry's report on the change was: "I flaked out on the living room couch and picked the back bathroom as my target place. It was a most interesting experience. I remember breathing on the couch, then suddenly I was floating above the wash basin in the bathroom. I will never forget the vividness of the white of the porcelain in the basin! I was there only a few seconds before I popped back into my physical body, but I understand and I'm getting the hang of it now."

HOW TO LET THE BASIC PSYCHIC DEVELOPMENT EXERCISE FLOAT YOU OUT OF YOUR BODY

When you were studying the basic psychic development exercise we presented in Chapter 2, you may have taken the last step somewhat allegorically. That was fine for getting acquainted with the work, but now you know that there is a literal meaning as well. Let's expand on that last step again. We ended Step 10 by feeling the beautiful wheel of the eight flaming colors right inside your head. Now consider this wheel of color your personal flying saucer. Deliberately climb aboard it in consciousness and let it expand right out of the vortex we previously opened in the top of your head. When you feel yourself near the ceiling, leave your astral body right there as you reach for the beautiful mystic experience, but with the intention of settling back into your astral body *while it is still on the ceiling.* Then take conscious control, and with the bright aura you built during the exercise you can enjoy a truly lovely astral experience. When you want to come back to the body, all that is necessary is to gently will yourself to settle right back into the same hole you went out in the top of your head. If something should startle you, you would pop back into the body instantly, but it is more comfortable to take ten seconds or so to settle in gently.

How a Fear of Projection Was Overcome

Margo V. had been practicing the psychic development exercise regularly for just over six weeks. She had reported some

definite improvement in her general psychic awareness and some sketchy contacts with her spirit guides, but she wanted "so much more." When we discussed it, Margo realized that she had not really expected the exercise to induce an astral projection. As she said, "I would have been afraid to try it at first, for fear of getting lost out there or something." But now the desire for spirit contact was helping her overcome the basic fear of the unknown that had kept her from trying for a projection.

It took three evenings to get a good one, but here is her excited report: "Would you believe I had coffee on the astral with my spirit guide! I used the psychic development exercise with my physical body in a big chair that I knew it couldn't fall out of, and sure enough on the third try I got out! I had started by asking my spirit guide to meet me, and as I felt the expansion out the top of my head a hand took my astral hand and immediately I was in a *beautiful* formal patio. I can never describe the intensity of the colors of the grass and the white of the cement walks, but I will always know the astral by that color intensity. I found myself sitting at a small round table with a big white umbrella over it, and across from me was my spirit guide. We each had a cup of something, coffee I guess. Honestly, I was too awed to speak, but it was magnificent to experience this new reality. There really is a whole new dimension of experience out there! And I'm looking forward to many more trips. This first one was very short, only about five minutes, but I'll do better as I get used to the new ways."

SPONTANEOUS PROJECTION WHILE FULLY CONSCIOUS

As you work to seek projection of your "astral beingness," you are setting fresh psychic currents in motion. Thus you may be treated to a spontaneous or unplanned (by you) astral trip. Even if you have been unable to get out by using the exercises, you may be treated to a projection because of your demonstrated interest. These spontaneous projections generally involve an opportunity to be of service to another being. Such was the case reported by B.W.:

"I had my first case of spontaneous astral projection! I was wide awake, *standing* in my well-lighted kitchen (at least my physical body was). At the same time I could feel myself walking

down the street to the library (in my astral body). This was in darkness. The library lights were out and I saw a little girl sitting on the steps. I took her by the hand and led her to her home. Then just as quickly, I was all together again in my kitchen."

Another typical report comes from S.S.: "It was the strangest sensation! There I was floating along the street about three feet above my physical body. It was three o'clock in the afternoon and I was totally sober, but for a while I thought I was dead. Then came the next question–if you are dead, then how come you're floating along above your body while it is walking down the street? I followed myself for almost a full block, but got back in the body to be sure it crossed the street in safety."

Since this type of experience is spontaneous, I can't tell you how to do it. But making yourself familiar with the possibility and with the whole idea of the astral can make a pleasant and rewarding experience out of something that might otherwise cause quite a fright.

ADDITIONAL TECHNIQUES FOR FULLY CONSCIOUS ASTRAL PROJECTION

The classic technique for conscious projection requires a touch of Yoga. The mind can assert control of the normally involuntary functions by concentration and practice. Here it is necessary to control the heartbeat and consequently the blood pressure. If you are a heart patient, I'd advise you to skip this section, but any normally healthy person can do it. Focus your attention on your physical heart and *feel* it beating. This is a natural process that may take from three seconds to three minutes to do well. Next, begin to count in time with your heartbeats: "One, two, three, four . . ." When you reach ten, start over with one again. When you feel the counting and the heartbeat well synchronized, gradually slow down the counting and "will" the heart to do likewise. Just a little practice should bring the ability to slow the heart down by 20 to 30 percent, which is plenty for our purposes.

The Technique

When you can control your heartbeat, you are ready to try the projection. Lay your body down in a safe, quiet place. Breathe

very slowly and deeply as you slow your heartbeat more and more. Soon you will feel the physical body lessening its grip on the astral; then simply will yourself to float, or imagine that you are floating up out of your body. Some people experience a moment of dizziness or nausea as the bodies separate, but don't be alarmed. Just accept that as the indication that the technique is working, and float up until you are completely free. We will discuss what to do after you get out, but let's touch one more way of getting out first.

In our last chapter, we spent a good deal of effort in learning to build an astral tube for viewing or speaking at a distance. This tube is also good for projection because it will take you directly to the place you choose to reach. Simply build your astral tube, see the place you want to be and will your consciousness to travel through the tube. Think of it as if you were diving into the water–just a happy astral jump into the tube. When G.N. was practicing this technique, his spirit guides often helped with an invitation to a semi-spontaneous projection. As he sat in meditation, they flashed a symbol of a golden ankh in front of him with the place he was invited to visit showing through the loop of the cross. With this came the urge to dive in. He explained it to me with the comment: "It is an utterly delicious feeling to dive through that ankh and feel the curving of my astral back as I arch my astral body to put me back into an upright position."

We spent three weeks or more in building the astral tube, so it would not be unreasonable to expect it to take one or two weeks more to become proficient at using it for astral projection. Practice is the secret of building the disciplines of certain success.

HOW TO CONTROL YOUR ASTRAL PROJECTIONS

For most of us the first few astral projections seem not too well-controlled–you go or are somehow sent places seemingly capriciously, and the least bit of fright may send you back into your physical body with a nerve-shattering jerk. But it is certainly no worse a challenge than learning to walk is to a baby. We gain a reasonable amount of expertise by trial and error, but the fine points will require a degree of discipline. The vehicle of astral travel is most frequently called the astral body, but we can understand more of its nature by studying the other names for it.

The astral is a realm of emotion and desire, thus various systems have called the astral body the *desire body*, or the *body of emotion.*

Reflection upon your "out-of-control" astral experiences will quickly show you that some strong (though perhaps previously unconscious) emotion simply ignored the directions of your mind and carried you where it wanted to go. Thus we can quickly agree that control of your emotions will bring control of your astral experiences. But we must be careful here. We can never control our emotions by stifling them! This battle is won only on the positive thinking, metaphysical level. We appeal to the emotions on a positive note such as, "Oh, wouldn't it be nice to . . . ."

Importance of Mood Factor

You will also recognize the necessity of being in a good mood when you attempt to leave the body. If you are full of anger and resentment, the power of these negative emotions will drag you off to some kind of nightmare experience or an astral confrontation where you are at a big disadvantage. Avoidance of the negative should be natural to you from our earlier work, but how shall we induce the positive and effective part?

Desire is the power of the astral, thus a planned set of desires will act like railroad tracks and guide you unerringly along your chosen path. While you are in your physical body is the time to decide where you want to go, and to develop the most positive selling presentation to your astral beingness. For instance, you may want to visit your mother who is in the spirit world. If you think of the misery of "losing her to the grim reaper" and build a negative, clinging desire, you will find yourself producing a nightmarish astral experience that will shoot you right back into your physical body. The same desire couched in the happy idea, "It would be so nice to drop in on mother for a friendly visit," will clear a path to that kind of happy visit.

Similarly, to the frequent question, "Why can't I get out on the astral to check up on my husband and see if he is really working late?" there can be only one answer. "Your jealousy and fear either lock you in your physical body or take you to the area of miserable thoughtforms and pop you right back. Try a constructive use of the faculty and it will work for you."

PRACTICAL APPLICATIONS OF ASTRAL PROJECTION

The friendly visit with a loved one in spirit, or a quick trip to a relative's house so you can call her in the morning and compliment her on the new furniture arrangement, may be pleasant and fun, but there are many more practical uses of the ability to travel on the astral. There are two major uses of intense practical value: first, getting help in solving pressing problems of this life; second, and perhaps more important, getting guidance and spiritual instruction–literally recovering the time previously lost in sleep for cultural, educational and spiritual pursuits.

Practical problem-solving can come on the level of your need.

How a Money Problem Was Solved

S.W. felt that he was at a crossroads in his business. It was time for either a major expansion or the decision to let the business stay small forever, but money for expansion was a big problem. S. calculated that he would need $300,000 to spread between advertising, new equipment and working capital, but his bank had offered only $75,000. As S. put it, "It's better not to try to expand at all than to Mickey Mouse it on $75,000." So S. decided to seek help on the astral. He called to his spirit guides in meditation and asked for help. Then the idea came to seek a visit with a great financier of the past, and a suggested name came too–Andrew Mellon.

At bedtime, S. chose the consciousness collection technique with a mental symbol of the name *Andrew Mellon* in gold letters on a door as his target. In less than ten minutes S. was "out"; this is his report: "I didn't *see* the man, Mellon, but as I slipped out of the body I heard a voice say, 'Come on, I'll show you how to get that loan.'

"Suddenly we were in a big bank office downtown and I listened as the voice of Mellon made a magnificent presentation. The loan officer agreed easily and handed me his card saying, 'Call me in the morning and we'll wrap this up for you.' Then I was back in my body writing down his name and phone number. Next I checked the phone book and the number was right! Honestly, I didn't sleep much the rest of the night. I was busy polishing up my

version of that great presentation. Next morning I called the gentleman for an appointment.

"When I reached his office it was exactly as I had seen it. I felt a spirit presence inspiring my presentation, and *I got the loan.* I credit all my subsequent business success to the inspiration and help from my astral contact with Andrew Mellon."

How to Be Assured of a Better Future

When there are no major problems requiring attention, accept it as a time for the spiritual seeking that will insure a better future. Plan a projection to your spirit guides with the idea of asking for instruction in those subjects that they consider important to you.

T.O. makes a habit now of letting his spirit teachers pick the program for his projections. It started out of curiosity, just as it may with you. Tom went to bed with the idea, "Wouldn't it be fun to visit my spirit teachers and see what they might want to tell me." As he would say, "I cheated. I used my meditation stone and the subconsciousness programming technique. Then I tried the consciousness collection bit to help the projection along."

The first two nights were devoted to instruction in "beautiful spiritual truths," so the next night came as a complete surprise. Tom was taken to a party type of gathering on the astral, and this is what he said about it: "First I met a couple of young girls who seemed quite upset. My instructions from the two nights before seemed to fit perfectly and I was able to calm the girls and apparently give them some useful advice. Next there was a lady who had just 'lost' her husband. She obviously did not realize that she was on the astral so I didn't confuse her with that but again used my previous nights' instruction to help her. There were several more problem-solving situations.

"Then toward the end of the party, I was taken to a man I recognized as the president of our company. After a few pleasantries the spirit with me said, 'This man is ready for promotion and more responsibility now.' The president nodded in agreement. Believe it or not, the next morning at work I was called into the president's office and offered a transfer into the customer relations department that included a promotion and a big raise. I accepted happily, but was careful not to mention the astral party—he might not remember it."

All this and more is waiting for *you* as you apply the techniques of projection on a solid basis that balances the practical world with spiritual seeking.

CHAPTER POINTS TO REMEMBER

1. The only meaningful proof of astral projection comes from *your* personal experience of separation from your body.
2. Use the technique of programming your consciousness to wake you up on the astral as an easy way to get acquainted with the work. The familiarity you gain in this manner will make deliberate conscious separation from the body much easier.
3. The best way to distinguish an astral trip from a dream is by the extreme vividness of the astral colors.
4. The technique of collecting the consciousness by deep diaphragmatic breathing and projecting it through the brow center is a very popular method. It may bring about a full conscious separation or take you through a momentary sleep to consciousness on the astral.
5. Other methods of conscious separation from the physical body include floating out the top of your head during the psychic development exercise, projection through the astral speaking tube, or conscious control of the heartbeat to slow it down and reduce the body's grip on you. Try them all to see which works best for you.
6. Prepare yourself psychologically to accept the spontaneous projections. Your spirit people may borrow you to help another being in need or to bring a special experience of value to you—if you are relaxed enough to accept and *let it happen.*
7. Control of where you go on the astral comes from learning the positive control of your emotions. A light and happy attitude gives the maximum of control.
8. The possibilities of practical application of astral projection are infinite. Use it for problem-solving of all kinds, and for gaining the spiritual instruction that leads to major jumps in your material progress.

MIRACLE STEP 14

How to Concentrate Your Psychic Powers to Produce Practical Miracles in Your Life

By this point in our work the usual student's progress report says: "I seem to be doing fine at generating the minor miracles, but the big ones are not so easy. What do I do now?" There are two sure ways of winning the big ones: (1) Strive for extra clarity of thought which divides a major task into small sub-tasks that can be handled as your habitual minor miracle-producing process. (2) Build stronger, more effective thoughtforms. We have discussed planning and dividing a big job into many little ones already, so we will turn our attention to the shortcut method of building tremendously more powerful thoughtforms.

METHODS OF INCUBATING AND NURTURING MAJOR THOUGHTFORMS

We can imagine extremes in going about accumulating a million dollars. You might strive to make a million thoughtforms to bring you a dollar each, or one thoughtform to bring you a million dollars. Of course, a million thoughtforms would be both time consuming and cumbersome, but the alternative of putting all your eggs in one basket generally produces only disappointment. There are too many doubts to drain off the power of too ambitious an undertaking. Just for practice and the continual

building of confidence in your techniques, you should be producing the minor miracles of regular windfalls, but there should be work on the big one, too. And whether it be money, health, love, prestige or a pet personal project, we all have a few big ones that need our special attention.

This takes us right back to Step 4 of the *Six Steps of Creation By Thoughtform Energy* (Chapter 3): "Put your thoughtform in a safe place and feed it twice a day with the clear thought of the end result and the various psychic center energies." An especially important thoughtform is entitled to extra special treatment! Our original approach to this continued to think of the thoughtform as an embryo or a baby. Several of us acquired ornate bassinets and exquisite baby blankets for experimental purposes, and evolved a parental technique.

How a House Was Sold Quickly

Let's illustrate the full process as it was used by H.P. In addition to the bassinet and baby blankets, H. bought a set of brightly colored plastic eggs that opened by unscrewing them in the middle. H. wanted to sell her house and this was a time when houses were "just not moving" in the San Fernando Valley. She wrote her desire on a piece of paper: "A quick sale for my house at a good price." She held it between her palms and charged the paper with thoughtform energy, then put it inside a bright green plastic egg and again charged it with the thoughtform energy from her hands. She placed the egg tenderly in her bassinet and lovingly covered it with the baby blanket. Each morning and evening for a week, she opened the blanket and directed the thoughtform energy from her hands to the egg while talking to it in a soothing and loving manner.

At the end of a week H. commented to me, "I get the feeling that now is the time to list my house." She called a real estate broker and made an appointment to show him the house on Monday. After the meeting with the broker she called me and said, "He took the listing on my house at what I agreed is a good price, but he said I should not expect any activity until next week because he will not be able to advertise it until the weekend." But the advertising never happened. On Wednesday of that first week the broker called and told H. that he had a buyer who had

dropped into his office and wanted the house. They signed the papers that night at the listed price, with no haggling and no delays! H. still uses the egg/bassinet thoughtform technique whenever she feels she has a major project.

If you feel comfortable with babies, it's a good technique. But this seemed to be just a beginning of what should be done in this field, so I wrote the words *Thoughtform Incubator* on my blackboard and waited for instructions. It came in a most interesting and useful form.

HOW TO BUILD AND USE A MYSTIC PYRAMID THOUGHTFORM AMPLIFIER

For centuries man has been fascinated by the great pyramids in Egypt, but it was just a few years ago that *pyramid energy* was recognized as a useful force. At that time there was a patent issued by the Czechoslovakian Patent Office for a plastic model of the great pyramid, six inches tall with no moving parts, for the purpose of sharpening razor blades. Researchers pounced on the idea and discovered that the same pyramid energy will prevent the decay of meat and preserve rose buds: living tissue does not decay in the pyramid energy, but is gently dehydrated. Our analysis was that the energy is benevolent and tends to heal or regenerate whatever is properly placed in the pyramid; thus we found our natural thoughtform amplifier.

The Technique

It is easy to make your own pyramid out of chipboard or cardboard. Cut a base 9 3/8 inches square, and four isosceles triangles, 9 3/8 inches on the base and 8 7/8 inches on the sides. Use masking tape to join the four sides, forming a pyramid which will be six inches in altitude. Then draw two lines on your base from the center of one side to the center of the opposite side, thus dividing the base into four equal squares, and marking the center of the base where your two lines meet. Use a small magnetic compass to align your base with one of the center lines exactly north and south, then hold it in place with a few pieces of masking tape. A small wooden table is best for the location so that your pyramid will be undisturbed.

To use your pyramid, build a good thoughtform in our

normal manner, but use a piece of paper with the clear desire thought written out on it for a nucleus. When the thoughtform is well built, put it and its piece of paper on the base of your pyramid. Feed it with the thoughtform energy from your hands, then put the pyramid in place on the base and feed it with thoughtform energy again by holding your hands close to the pyramid on its north side. Each morning and evening, hold your hands close to the north side of the pyramid and feed your thoughtform again. You can tell its progress by the feel of the energy flowing into it. Many thoughtforms will bring their physical manifestation while they are still in the pyramid, but if nothing has happened after eight days it is well to plan to release it on the ninth day. The release process is to remove the pyramid and pick up the thoughtform and its piece of paper. Feed it once more with the thoughtform energy, then set fire to the paper and announce to your thoughtform that it is now time to go out into the world and bring its manifestation.

The Pyramid's Amplifying Power

I would like to impress you strongly with the power of the pyramid as a thoughtform amplifier, but I include a word of caution. *The pyramid amplifies exactly what you put in,* therefore the quality of your thoughtform is of great importance. If you are tense and up-tight when you build the thoughtform, the tension will be amplified, too—and the result can be extremely uncomfortable. Let me share my first experiences to help your understanding. The first time I tried the pyramid for this purpose, my mood was that of a happy experimenter. I didn't know if it would work, but I was willing to put the magic in to see what would happen. There was a short term financial goal that looked physically impossible to achieve, so I built my thoughtform for its accomplishment and put it in the pyramid. It manifested in less than 18 hours! I'm as skeptical as the next fellow, so my reaction was: "It may be a happy coincidence." But I was certainly encouraged to try again. So I set a hearty new financial goal and again put my thoughtform in the pyramid. This was a bigger job, but it manifested within three days. This time my reaction was, "Oh boy! We've got a gold mine here!" I became all tense and excited as I built the next thoughtform and put it in the pyramid.

The result was *disaster!* This time the pyramid amplified my anxiety and put me to bed with an acute gastric disturbance for three days. Now you know why I have such a great respect for the pyramid power–so don't *you* make the same mistake. There's no sense in both of us getting knocked down.

How Perseverance Paid Off in Money

We should also consider the value of perseverance in this work. D.F.'s work with the pyramid will help you understand. The U.S. Government had condemned a stretch of beach property for use as a public park. One of the parcels was a lot that D.F. had purchased years before with the thought of a beach home in a few more years. There were multiple lawsuits by various property owners that tied up the property for a long period.

By this time D.F. decided that she needed the money from her condemned property. Several letters of inquiry brought no results, so D.F. put a thoughtform in her pyramid designed to bring the proceedings to a happy conclusion. The immediate result was a letter acknowledging the Government's obligation, but stating that a congressional appropriation was required. D.F. responded by building another thoughtform for her pyramid, and got another letter.

It took five tries. Each of the first four thoughtforms brought a letter (two were duplicates of the first), but the fifth brought a check for the condemnation price *plus interest* for the full six years the property had been tied up! If you stick with it, it will work for you, too!

HOW TO POWER A PYRAMID THOUGHTFORM FOR PROSPERITY AND WEALTH

Pyramids make excellent sources of power for permanent thoughtforms also. Here it is useful to tie in the added power of color. Your cardboard pyramid can be dressed up very nicely with ordinary poster paints. We will illustrate with a prosperity and wealth thoughtform. The greatest power comes as we bring in the natural psychic center colors corresponding with the power we seek to harness. Poster paints of bright green, electric blue, and a clear, bright red are best for the attraction of money. Paint the

north and south sides of your pyramid bright green, the east side electric blue, and the west side bright red.

Transmitting the Message More Powerfully

For a nucleus of your pyramid prosperity thoughtform, find a piece of bright green paper and write a powerfully invocative thought on it, such as this: "Let there be ever increasing wealth, prosperity and financial well-being for me and my family. So must it be." Put the paper on the center of your pyramid base with the writing lined up with magnetic north. Then build a thought/energy ball right on top of the paper. Project a picture of ever growing piles of money into your thoughtform ball and feed it successively with heart center green, throat center blue and root center red energy. Then put your pyramid in place over the thoughtform and again feed it by sending the energy from your hands and psychic centers in through the north side of the pyramid. As a follow-up, the habit of talking to your thoughtform and feeding it with energy once or twice a day keeps the system vibrantly alive and working for you. Compliment your thoughtform on every little sign or manifestation of its work for you—and enjoy ever richer fruits of financial success.

Cases of Success with Pyramids

E.G. took about a week to get acquainted with her pyramid prosperity thoughtform, enjoying several minor manifestations before she decided to put it to work in earnest. This is her report: "While sitting beside my prosperity pyramid I got a sudden thought that it was time to sell my building. So I talked to the thoughtform and told it that there must be a broker in town who already had a buyer for the building. Then I forgot about it and went to bed. I woke up with a broker's name on my mind next morning, so I called him. We met at the building and he really did have a buyer. We all sat down together and signed the sale papers over dinner. The price was $35,000. When you stop to consider that the building was valued at $20,000 in my property settlement less than a year ago, you have to say that pyramid did all right."

C.H. built a special pyramid prosperity thoughtform for her husband's television store. She used the nucleus invocation: "Let there be ever growing sales and profits for our store." Her report:

"Ever since I built that pyramid prosperity thoughtform for our store, our sales have been up by 35 to 40 percent. And it's amazing how frequently my husband comes home with a flabbergasted expression on his face to tell me that another customer walked in and plunked down $712 in *cash* for a new color TV set."

HOW TO POWER A PYRAMID THOUGHTFORM FOR HEALTH

A pyramid to bring maximum power to a healing or perfect health thoughtform should be painted bright red and electric blue. Make your north and south sides blue, and east and west sides red. The paper on which you write your nucleus thought should be the brightest blue you can find—the more it seems to spark like electricity, the better. For the thought itself we may choose a general health statement such as, "Let my body demonstrate and maintain perfect health," or a specific healing request like, "Let there be a complete healing of my emphysema and a return to natural, healthy breathing."

Put your paper with the written thought nucleus on the pyramid base with the writing lined up north and south as before, and build the thought/energy ball on top of it. Picture your body in perfect health and see the image living within the thought/-energy ball as it turns into your perfect health thoughtform. Feed it with energy from your throat center and root center, and when it feels full of power, put the pyramid in place and feed it again through the north side. And as I suggested before, a continuous rapport produces the best results. Feed and talk to your thoughtform morning and evening, and encourage it to work well for you.

How a Skin Disease Was Overcome

L.G. had suffered from psoriasis for a number of years. She had tried many home remedies as well as everything her doctors prescribed, but still it persisted. L.G. made her pyramid and painted it blue and red. For her thoughtform nucleus she wrote, "Let there be total elimination of all symptoms of psoriasis and the underlying cause," on her piece of blue paper. She put a great deal of positive feeling and energy into building the health

thoughtform, then put the pyramid in place and sent more positive energy through its north side. Here is her report: "Comfort at last! I fed and encouraged my 'eliminate psoriasis' thoughtform pyramid almost every time I came into my bedroom. And the results are gratifying beyond all my hopes. Over a period of 30 days all the symptoms gradually faded away. My skin is clear and fresh–indeed it is demonstrating perfect health. I will keep my pyramid and thoughtform intact just for safety, but I *know* that at long last I have won."

How to Help Another Person

It is also practical and proper to use a pyramid thoughtform to help another person, particularly a loved one who could or would not do it for himself. At first Cindy's parents feared that Cindy was a retarded child, but examinations and tests soon showed that it was a bad-sight problem. By the time Cindy was four years old she wore glasses that "looked like the bottoms of Coca Cola bottles," and the doctors feared that the condition would get progressively worse with age.

Then Cindy's grandmother, Martha U., decided that powerful measures would indeed help. Martha, a pupil of mine, decided to use the pyramid thoughtform technique and chose a picture of Cindy for the focal point of the energy. On a bright blue piece of paper, Martha wrote: "Let there be complete and perfect healing of Cindy's eyes." She put the picture, face up, on the pyramid base and then the thoughtform nucleus statement on the blue paper on top. Martha put much feeling and positive magic into her thoughtform building work, then put the blue and red pyramid in place and added more energy.

Martha's report: "Within a week after I set up the healing pyramid for Cindy's eyes, I heard rumors that she seemed to be doing better. Within a month an examination showed enough improvement for new glasses, not so much like bottle bottoms. The doctors have changed their minds now and say that Cindy may improve quite a bit more over the next few years. I *know* she will–because I know *why*!"

HOW TO USE A PYRAMID THOUGHTFORM TO ATTRACT AND HOLD A LOVER

I'd like to start this process by reminding you that the

quality of the thoughtform you build in this work is the secret of success. Thus the quality of the image of your perfect mate or lover is of the utmost importance. We waste a great deal of emotional energy and time politely trying to get rid of the results of our mistakes in this field–thus the truth of the old bromide, "Marry in haste, repent at leisure." Emma T. related a story that underscores this point as follows, "I had been divorced for a couple of years and felt it time to find the right man for a new marriage. I talked the situation over with my Religious Science Minister and he suggested that I take a piece of paper and write down my specifications for the perfect mate–list all the good qualities I expected to find in him. Naturally I took this good advice and made my list. The very next day I was invited to an impromptu party for that evening. And sure enough I met a man who met every requirement I had written on my paper. Even more interesting, he told me that his minister had suggested the same process, and that I fulfilled all the things he had written on his list There was just one tiny flaw–*I couldn't stand the man!* But he kept after me for weeks. I had a terrible time getting rid of him!"

Problems of Specific Mention of Names in a Pyramid

There may be even greater problems generated by putting a specific person's name into your pyramid thoughtform. When the "subject" is otherwise occupied, or is not right for you, the results can be chaotic at best. In more than one instance, this form of control has resulted in the untimely death of the person the black magician (and that form of control must be considered black magic) sought to marry. The only safe course is to choose a nucleus statement very similar to this one: "Let a completely eligible, compatible, healthy, well-adjusted and wonderful lover find me, so that we may share the joys of growing, together."

Selection of Colors

For the pyramid itself, I would use a bright green for the north and south sides, red for the west and violet for the east. The time of building this thoughtform should be when you can put your loveliest and most positive qualities into your thoughtform. If you are feeling lonely, depressed, poverty stricken, or beset by

any other sort of lack, *don't do the thoughtform* work! Wait until you can generate fully positive feelings of love, happiness, companionship and growth. When you are psychologically ready, put your nucleus thought on a bright green piece of paper, place it on your pyramid base, and build your thought/energy ball as usual. Fill it with thoughts of love, companionship and growing together; then add heart center green, root center red, and crown center violet energy. When it is finished, put the pyramid in place and feed it more of the same energies through the north side. Then treat it with happiness and a touch of reverence as you wait for the certain manifestation. When you are sure you are in the courtship period with the right person, keep the second half of the nucleus statement alive permanently, *"that we may share the joys of growing, together."*

How an Unselfed Thoughtform Developed a Happy Marriage

If you had been a professional matchmaker, you would never have thought of putting this couple together. On the surface they were so different that any thought of attraction between them would bring a chuckle. But Mary T. built a thoughtform pyramid using the nuclear thought exactly as we gave it above, "Let a completely eligible, compatible, healthy, well-adjusted and wonderful lover find me, so that we may share the joys of growing, together." And sure enough, she had a problem with her car. She was talking about it in a metaphysical class and Harry said, "I'm a mechanic, let me have a look." Somehow he looked at a lot more than her car: it was the start of a storybook romance, the second marriage for each, but one that constantly fulfills the invocative statement, "That we may share the joys of growing, together." Try the pyramid to attract a lover, or to spice up a relationship with the many joys of shared growth. It works every time you put the *quality* into your thoughtform.

HOW TO MAKE ALL YOUR THOUGHTFORMS INVINCIBLE

The secret of effective trouble-shooting of your occult work is to find the missing ingredient. In mythology this became the search for the golden fleece, in Christianity it was the search for the Holy Grail, and in the occult you hear of the search for the

lost word. Throughout the whole thing there is a suggestion of the special power of *purity*. I have called this the *quality* of your thoughtform, but you may find it useful to contemplate the traditional term, purity, to better understand.

The Essential Qualities of a Successful Thoughtform

When you build a thoughtform, whether for pyramid work or our normal occult practices, you must think of it as a seed. The seed will bear fruit according to its own nature. If you want prosperity, take care that you do not contaminate your seed with your own feelings of lack and limitation. If you want love, keep out any suggestion of present loneliness. Thus we must suggest that the timing of your rituals and thoughtform-building techniques must be apparently "backwards" for maximum effectiveness. The best time to build a prosperity thoughtform is not when you are hurting for money, but when you feel more prosperous than you have for a long time. Similarly, the perfect health thoughtform works best when it is built while you feel that you are experiencing robust health.

We can summarize this most practical of principles by saying: *The loser builds his thoughtforms when he is suffering from the pressure of circumstances, and thus stays a loser. But the winner seizes each victory as the perfect time to sow the thoughtform seeds of greater victory, and thus progresses from victory to greater victory.*

Obviously there are degrees of understanding here, too. You may say, "I have a chronic condition, do you mean that there is no way to cure it?" My answer is, "Certainly you can cure it, but to you timing is even more important." There are times when you feel *relatively* good—enough so that you can generate the positive enthusiasm to build a thoughtform that can and will win for you. But watch for the good times, and don't waste them; use them to build your seeds of perfect victory.

CHAPTER POINTS TO REMEMBER

1. The tasks we plan for our thoughtforms vary in degree of apparent difficulty. Some tasks lend themselves to being subdivided into smaller tasks that a thoughtform can com-

plete almost immediately; others require very special treatment.

2. Your larger, important thoughtforms require special care during the germination period. The bassinet, baby blanket, plastic egg technique will work well if the ideas appeal to your personal esthetic sense.
3. A true thoughtform incubator can be built in the shape of a pyramid. Pyramid energy has been recognized by much of the scientific world, including the Czechoslovakian Patent Office.
4. The pyramid energy that allows meat to dehydrate without decaying and that sharpens razor blades is clearly a healing type of energy. It will nurture and feed your growing thoughtforms.
5. To use the pyramid, build one out of cardboard according to the specifications in this chapter. Write your nucleus thought on paper, put it on the base of your pyramid and build the thoughtform on top of it. Then put the pyramid in place and feed it the pyschic center energies through the north side for greater effectiveness.
6. The pyramid energy amplifies the *mood* you were in when you built the thoughtform. Take care not to be anxious or tense when going about this work: the pyramid will amplify anxiety and tension with the same effectiveness with which it amplifies the positive powers.
7. Permanent thoughtforms work well when powered by pyramids. Here it is good to enhance your work by choosing powerful colors for the pyramid sides to attract more of the specific energies you seek to harness.
8. The pyramid thoughtform technique can also be used to help others. Take special care at these times to be relaxed—don't bring chaos to a loved one you meant to help.
9. Your thoughtforms will be invincible indeed when you put the extra quality and purity into them. Take care that you feel opulent when you work for prosperity, vibrant when you work for health, friendly when you work for love, etc. This will insure certain, accurate and speedy results.

MIRACLE STEP 15

How to Gain True Personal Confidence and Increased Effectiveness

In spite of our lip service to intelligence, we are extremely emotional beings. We suffer from the "tensions of civilization," but what does that really mean? The uncomfortable part is a reduction in pleasure and effectiveness because we have emotionally accepted an artificial set of value judgments imposed by "society." The silly guilts that we allow to be imposed upon us weaken our sense of worthiness and thus reduce the power and magnetism of our auras. But we don't have to settle for it!

WHEN YOUR THOUGHTFORMS DON'T MANIFEST, LOOK FOR THE HIDDEN BLOCK OF GUILT

We have learned many powerful techniques to use the Mystic Light, ritual, and thoughtforms to accomplish our goals. We closed our last chapter with the reminder that your thoughtforms partake of your real feelings about yourself. Let's take this a step further now and seek to understand that the strongest of all thoughtforms is the permanent one that you build unconsciously—your true opinion of yourself.

A clever artisan can put a veneer of expensive hardwood on a cheap piece of pine and get away with it, until the piece of furniture receives unusual stress or someone looks inside. In much

the same way, we have learned to meet the world from behind a veneer of civilization and reasonable self-confidence. Like the wood veneer, it dresses us up for the world–until there is too much stress or someone looks inside (psychically). It is comfortable to meet the world with some protection, of course; but your deepest inner feelings about yourself are broadcast through your aura as strongly magnetic forces, striving to attract experiences and people according to their own kind. If you have been a loser, and all your psychic work has seemed pointless because "nothing happens," *now* is the time to revert to the basics and rebuild your personal opinion thoughtform.

How to Change Your Inner Opinion of Yourself

But *how* shall I change my inner opinion of myself? There are many different methods that individuals have used for help. You might spend two or three sessions a week with a psychiatrist for a couple of years and make some progress, but most of us would prefer a shorter, more direct method. In my earlier books I have suggested making a list of major guilts and working them out one by one, but society itself has a way of collecting for our major mistakes while it fills us with fresh guilts over little things. Let's assume that you have done all the normal things one might expect to do to clear and cleanse a conscience, but still you feel no progress–and there are a few remaining doubts about your complete worthiness. What do you do?

The Mystic Experience

There is a very useful clue in the writings of the famous psychiatrist, C.G. Jung. Jung frequently commented that he never saw a significant healing of a patient without some improvement in the patient's relationship with God. Now I'm not going to get evangelic on you–neither Jung nor I cares what brand of church you go to, or if any. But the human being needs some form of relationship direct with the creator of the universe if he is to realize anything close to his potential for productive and happy living.

In the collective experience of man, there is a common denominator to all of his diverse organized and disorganized

religions. We can best call it the *Mystic Experience*, or a direct touching and oneness with the essence of the Infinite. Within the Mystic Experience there is indeed the missing ingredient, the spark that burns away all of civilization's accumulated foolishness and leaves you *knowing that you are a child of the Infinite*, and therefore *worthy of all good*. When this is attained, it brings you both the power and the compassion to use it only for good. This should be the final overcoming of all your remaining blocks to psychic effectiveness.

A PROGRAM TO BRING YOU THE POWER OF THE MYSTIC EXPERIENCE

The basic psychic development exercise as we presented it in Chapter 2 is often enough to induce a beautiful Mystic Experience. As you let the psychic energies expand out of the top of your head, you open your consciousness to the possibility of exceptionally beautiful astral, mental, or Mystic Experiences. And it is good to prepare for our new exercise by using the psychic development exercise first. In our next chapter we will use this same new exercise as a vehicle to explore the interesting details of your past lives, but the experience we seek now is a good prerequisite to that exploration. So give this a good deal of attention both for itself and for the many practical uses we will develop for it in the balance of our work.

The Technique

For the new exercise, stretch out comfortably on a couch or bed and deliberately relax your body as fully as possible without letting yourself fall asleep. Now we are ready to harness the creative power of your imagination. Close your eyes and imagine that you are shrinking. Feel yourself getting smaller and smaller, until you become just a tiny dot behind your eyes. When you feel as small as possible, reverse the process and begin to expand. Feel yourself becoming much bigger than your body, with your consciousness and sensory mechanisms stretching out through the wall of the room as far as the imagination allows. When you feel yourself very big, reverse the process again and imagine yourself shrinking back to that tiny dot behind your eyes. Try to become

smaller than you were the first time. Again reverse the process and begin to expand, trying to get much bigger than the last time.

Keep striving to become alternately smaller and bigger until the conclusion of the exercise. I would suggest ten minutes as enough for the first try, and increase the time in approximately five-minute increments until you are spending a half-hour at the exercise, once a day. I can't tell you exactly when, but somewhere within a two-week period of daily practice, *you will have a personal Mystic Experience.*

An Example of a Mystic Experience

The exercise also works in a sitting position, as reported by C.S.: "I was sitting at my altar in a very dark room with only my two altar candles burning. Something gave me the idea of practicing the consciousness expansion and contraction exercise, so I tried it right where I was. On about the fourth contraction, I experienced a momentary feeling of utter darkness. Then, as I expanded my consciousness, the room became bright—even brighter than if filled with intense sunlight. I sat in awe and wonder, and seemed to feel completely loved.

"With it came a feeling of comradeship or oneness with all creatures of the universe. As near as I can tell, it lasted about seven minutes, but when the room and I returned to normal I had a walking-on-air feeling. A good part of the feeling was of being psychically and spiritually *clean.* I knew then and forevermore that I am accepted and loved by the Creator of us all.

"A number of apparently subliminal fears and guilts were somehow dissolved in the process and I found a profound change in my daily life; I work and play without fear or the old pressures. And I am so much more effective that I have had two unexpected promotions and good raises in the six months since that magnificent Mystic Experience! I have touched the Infinite several times since, but this first experience was the one that really changed my life for the better."

HOW TO BUILD YOUR PERFECT PROTECTION FROM THE THINGS IT IS PROPER TO FEAR

In the very early 1900's, the great metaphysician Judge Thomas Troward commented on a well-known fact of Mother

Nature: she is very careful of her species, but quite indifferent to individuals of a species. Only the prime specimens of a species have the best chance of surviving and passing their good qualities on to their descendants, thus furthering the process of evolution by what is termed "natural selection." He goes on to suggest that man stands in a unique position in the evolutionary cycle as the only species that can recognize the process of evolution and choose to deliberately cooperate with it. This gives the individual human being the key to special treatment from all the forces of nature. You have but to recognize your position and decide to cooperate in your individual evolution, and so stand in the eyes of nature no longer as an individual but as a species unto yourself—fully entitled to nature's most jealous protection.

How to Invoke Protection and Special Help

But how do we convince nature and the Infinite that we are indeed entitled to this extra-special brand of protection and help? This requires a somewhat mystical reversal of the normal thinking. We might think of this in terms of author J. Allen Boone's experience with the famous dog, Strongheart. Boone was watching Strongheart on the beach, contemplating the dog's expression of the magnificent qualities of love, discipline, intelligence and *richness of being* when he got the intuitive flash: No, look at those wonderful qualities of the Infinite expressing *as a dog.* This gives us the difference in perspective to *earn* our favored position as a species unto yourself. No longer is your prayer, "Lord, help me express your wonderful qualities of love and goodness in my life!" Now it becomes, "Lord, help me to get my little self out of the way and *let* your Light and Love express *as* me."

HOW TO LET THE MYSTIC LIGHT USE US

This brings us around full circle from our second chapter where we began to learn to *use* the Mystic Light. Now we are offering to let the Light *use* or *be* us. You will find yourself going around this circle many times as you strive along the path of psychic evolution. Both concepts are equally valid: in our daily striving we *must* constantly *use* the Light to remain effective, but the balance is equally true—we do *earn* the perfect protection of

the Infinite by *letting* the Light express us. This brings living reality to the Biblical statement, "Even the very hairs on your head are counted." We have discussed the use of aura cleansing, ritual and protective thoughtforms, all of which you should be using. But the true *magic* that makes them work for you is *knowing that the Light is expressing you.* Those who take this allegorically will find some measure of help, but those who take it as a simple statement of truth and *apply* it will indeed find themselves living a "charmed life."

How the Mystic Light Used A.F.

A.F. reported: "I have been using the consciousness expansion and contraction exercise to generate my Mystic Experience. There were few major manifestations of Light, but many wonderful feelings of love and being loved. I regularly affirm that I strive to let the Light express me, and do my best to act that way. The results are happy beyond words. *Every day* there are several small manifestations of Infinite Love protecting and enhancing my life. I'll just tell you about one startling event. I was driving down a dark, winding road shortly after a rain storm. As is my custom I contemplated the Light and how I could better get out of the way and let it express–while I was driving.

"Suddenly the interior of my car got bright as if the sun were shining inside and I had an urge to pull over to the side of the road to enjoy this special experience. Just as I got the car stopped off the road, another car came careening around the curve ahead of me. It was on the wrong side of the road and *we would have had a head-on collision* if I had not stopped to enjoy the Light. As I gave heartfelt thanks for the protection, I noticed something glistening in the beam of my headlights. I got out of the car to look, and found a lovely silver necklace full of charms with old Egyptian hieroglyphics etched on them. There was absolutely no mud or dirt on the necklace, even though it had been raining very recently. I treasure it as a very special gift from Spirit."

HOW TO TAP THE INFINITE SOURCE OF CREATIVE IDEAS

Historically the Mystic Experience has been thought of as leaving the recipient on a starry-eyed, highly impractical level. In Richard Maurice Buck's book, *Cosmic Consciousness,* there is

mention of this idea and the comment that great mystics, like Jacob Boehme and Walt Whitman, became so engrossed in high spiritual truths that their personal lives were more or less a shambles–largely due to lack of interest. But this is no different from the basics of spirit contact. Just as your spirit guides generally concern themselves with your material well-being *only* when you have the confidence to require this degree of balance in your life, so the Mystic Light tends to sweep you off to heights of spiritual ecstasy. And it's good to enjoy the higher spiritual experiences, but the truly balanced person will regularly remind the Light that balanced expression of your personality requires a degree of practicality and material well-being. And the *Light can be infinitely practical* when you seek to let it express your being on that level!

What It Takes to Harness Infinite Power

A small amount of confidence and understanding is all you need to harness even the touch of the Infinite to the problems immediately at hand. We must remember that the Infinite has no way of judging great or small, hard or easy. In this context a new toilet seat cover is of no less value than the Empire State Building, and no more than one ordinary straight pin. Thus the super-humble "My problems are too insignificant to bother the Infinite with," and the super-proud "My problems are totally insurmountable," are equally invalid. Now you can choose to let the Light express through you as the perfect solution to *any* problem. As you work to develop a natural moment-by-moment awareness of the Light expressing as *you*, there will be a great flowing stream of thoughts of how to do each task better and more effectively.

The Author's Source of Help in Daily Living

I am frequently asked how I can stay in personal correspondence with over a thousand people all over the world, run my accounting practice, write numerous magazine articles and books, spearhead the service and research of ESP Laboratory, speak at meetings of the Lab three nights a week, appear on radio, TV, and personal appearances and still find time for a fun personal life.

The answer is in working on that level of *letting the Light express.* On many occasions I have tuned in and let the Light use me to perform a task that would take my "normal" consciousness

two or three days–and discovered that it was done by the Light in about an hour! Polarized in my old, "normal" consciousness it would be impossible, but by *letting* the Light it becomes an almost effortless labor of love. And I'm not some kind of a freak exception, I'm a *student* of the truths of life, *just like you*!

As you build that constant awareness of the Light expressing in and through you, you will find myriads of practical ideas popping into your mind at the right times to be applied to making everything you do happen more smoothly and effectively. It starts with a deliberate change of attitude and quickly becomes a way of life. Most of our suffering and mistakes are caused by the confusion and negativity of mental tension. This kind of relaxation may seem even harder to achieve than the physical, but its rewards are commensurately greater, too. Perhaps we might couch it in the traditional metaphysical challenge, *"Let go and let God."*

How John P. Applied Letting the Light Help Him

The typical report from students who *apply* the simple ideas of this chapter reads like this one from John P.: "There was a complete change in my life about a year ago when I decided it was time to pay attention and start *letting* the Light express me. The results are unbelievably wonderful! Some serious marital problems quickly faded away, leaving my home life almost like a beautiful dream. My effectiveness in the work situation became so obviously improved that I have received a series of promotions from a rather menial clerical position into management, where I'm told I'm now being groomed for a major Vice Presidency. My income has just about tripled in a few years; I have a savings account and an investment program going for me where there were only debts in the past. But most important, I enjoy virtually every moment of life now. Never a day goes by without my getting a special charge out of letting the Light perform a service or speed the completion of a routine task. Tell the world for me that the secret of successful living is in *letting the Light*."

CHAPTER POINTS TO REMEMBER

1. Tension and guilt are the major blocks to the manifestation

of your positive thoughtforms. To burn them away is to achieve super-effectiveness.

2. We meet the world with a veneer of self-esteem and confidence. Don't let your veneer become an excuse to avoid the cleansing of your beingness that brings certain success to your every undertaking.
3. The Mystic Experience can be used as a cleansing agent to wipe away all remaining tension and guilt.
4. Practice the consciousness expansion and contraction exercise and let it bring the touch of Mystic Light that changes *your* life into a thing of beauty and success.
5. Use the power of the Mystic Experience to assert your worthiness of nature's protection—no longer as an individual, but as a species unto yourself.
6. The circle of personal power is complete when you learn first to use the Light to accomplish your normal tasks, then grow to the point where you now learn to let the Light express you.
7. The attitude of seeking to let the Light express its great power and qualities of goodness through you will quickly change into a way of life. The way is one of tapping the Infinite Source of creative ideas and energy of accomplishment.
8. No task is too great or too small for the power of the Light. Let it flow through you to solve your every problem and achieve your every goal—with a whole new meaning to the word "happiness" as a natural result.

MIRACLE STEP 16

How to Regain Powers from Your Past Lives to Get What You Want Now

When you were in school, remember that there were some courses that seemed to come to you naturally and easily, while others were a struggle or a drag? The world may call this difference in aptitude, but isn't it possible that the "easy ones" for you were subjects that you mastered well in a recent past life? It is not my purpose here to sell you on the reality of reincarnation, and it will not bother me at all if you prefer an alternate explanation to the phenomena we will generate together. This is a place where the suppositional proof is quite valid. Simply suspend any disbelief, follow the discussion, and use the exercises for your benefit. Then you will have a set of results for intelligent evaluation.

A QUICK INTRODUCTION TO REINCARNATION AND KARMA

Something over two-thirds of the population of the world are involved in religions that teach the return of the individual soul to body after body in successive lives on earth as part of the process of evolution. Let's pause to distinguish the logical doctrine of reincarnation from the confusion of transmigration. We're not talking about coming back as a cockroach or a puppy dog, but as a human being.

Along with reincarnation comes its companion theory of Karma. Karma may be considered as the long range action of the law of cause and effect. The circumstances of the family into which you are born, along with your basic mental and physical aptitudes, are the sum of what you have earned by the evolutionary process of all the lives you have lived before. Then what you do with the opportunity you created for yourself contributes to the start in your next life. Here the thinking person will say, "It sounds reasonable, but even if true, *what good is it to me now?*"

The answer lies in gaining a better understanding of the tendencies and trends of the present life by seeing how they relate (and often correspond) with previous lives. We can greatly improve our human relations by understanding the past life relationship to a presently difficult personality, or uncover new talents for this life by tapping the accumulated experiences and skills of the past. To me the potential of this work is tremendous–it was our study of reincarnation, using the technique we will give you here, that showed many of us in the class work at ESP Laboratory our past lives as ceremonial magicians and led to my book, *Helping Yourself with White Witchcraft.* But the personal insights are equally important.

An Unhappy Marriage Rooted in a Former Life

D.C. was deeply concerned about the troubles in his marriage, but a good look at the past life with the entity who is his present wife showed that she had been his slave girl and he had not treated her very well. Some reflection showed D. that they were both tending to recreate the conditions of their past life together, with the obvious creation of excessive resentment in his wife. They talked it over and launched a program of breaking the old action/reaction patterns, with the result being a nearly ideal state of marital bliss. Let's turn immediately to the technique that will give *you* this extra power of viewing your past lives.

HOW TO SEE INTO YOUR OWN PAST LIVES

In our last chapter we promised you an extra use for the consciousness expansion and contraction exercise. We have found

it an excellent tool for regression work (going into past lives) that overcomes the objections of using hypnosis for the same purpose. We are told that under hypnotic regression the subject tends to compensate for weaknesses in the present life–if he is short, he will be tall, the fat will be thin, etc. But you are in a much less subjective state by your own control of the consciousness expansion and contraction exercise, with the result of being able to tune in on useful insights and periods of past lives.

Another person to help direct and ask questions is useful but not essential to the exercise, and a tape recorder may prove of great value for recording your impressions verbally to assist your memory when you "get back." We will illustrate the exercise as if you were giving yourself the commands and suggestions, but keep in mind that an external questioner may help you get more detail in interesting areas.

Now to the exercise itself. Remember that the harnessed imagination is the key, just as we found in the exercise as we used it in our last chapter.

The Technique

The first suggestion or command is: "Let your consciousness shrink toward the tiny dot behind your eyes." This is followed by: "Now expand your consciousness and feel it going way outside the limits of your body." Continue alternating the expansion and contraction of consciousness until you (as the operator) feel that the consciousness is quite nimble and loosened from the physical body. Then, from the expanded state, the request to it is: "Now while in the expanded condition, go float ten feet above the street outside and tell us what you see." The subject should respond by describing any faint or fuzzy impressions to get the dialogue going.

Next you request: "Now float up 100 feet or so into the air and give us a good bird's-eye view of the scene below." When you are getting descriptions from the bird's-eye position, request: "Now float up higher and higher until the whole scene below you is blurred." Give yourself (or your subject) a few seconds to comply, then request: "As you float back down to earth, you will enter the body of your immediate (or any specific life you have chosen) past life during a comfortable part of the life; and as soon

as you get there, take a good look at yourself to see what you are wearing."

Then carry on a line of questioning on topics such as geographic location, name, family, occupation, religion, and let the answers lead you along paths of interest. If you or the subject should become uncomfortable or uneasy, simply request a floating back up until the scene blurs and then settling back into your normal physical body in the here and now. This is all that is necessary to end the session whatever the reason.

Some Hints for a Smooth Trip into Past Lives

It may take a few hours of practice to get really clear pictures, but an optimistic perseverance will bring powerful dividends. Let's note a few tendencies for interference that can be easily avoided. When we sent an elderly gentleman, J.C., back to his immediate past life, he began to describe a scene on a horse in the American Western Plains. But in about 30 seconds he was hit by an arrow in the chest from an Indian ambush and terminated the session by sitting up with the comment, "I died."

Shortly after that one, we sent a young girl back to a life in the ancient Atlantean civilization, and as soon as she settled into it she began to scream in agony because she was being physically tortured. Again we had to terminate the session. After this we added the phrase, "into a *comfortable* period of the life," and had no more difficulty. It is usually very useful to examine the traumatic periods too, but if the going gets too rough or painful, move your subject quickly through until it becomes a memory that can be calmly examined, or take him up out of the session if necessary.

Enthusiastic practice of this simple method frequently brings the solution to problems of long standing. Or in occult terminology we might say it shows us the way to overcome old Karmic conditions.

HOW PAST LIFE KNOWLEDGE PRODUCED THE HEALING OF MIGRAINE HEADACHES

F.C. was in his late thirties and had suffered from terrible headaches since early childhood. His doctors had called it

"migraine equivalant" because it came only on the forehead just above and between the eyes. F. had found that the use of good affirmations and metaphysical techniques could reduce the frequency of his attacks, but this seemed merely to be postponing the inevitable.

No one is ready to accept a life of pain and threats of pain, so F. was still seeking a complete healing. He set up a plan of probing his past lives for clues to the real cause of his suffering. The first time he requested: "Take me to the life where the head pain problem started." Here is the way he described the scene: "I was standing in the square of a small Spanish village in what I took to be the late 13th Century. I was dressed in tattered, rough clothing and my hands were tied behind my back. I was flanked by uniformed guards with sharp spears. Then a man in heavy Spanish armor, including a helmet with the visor down, stood in front of me. He drew a heavy sword, raised it and split my head in two from the forehead almost to the back of my skull. And I remembered that sometimes the pain seems to come on almost that quickly—as though I had been struck in the forehead with a heavy sword. But it is not that way very often, so I knew I had more work to do."

The logical plan seemed to be to probe subsequent lives to see how the situation had matured. Next F. found a life in the southern part of China apparently during the late 14th Century. This life was terminated in an even more miserable way—by the Chinese water torture. F. commented, "Yes, that's the way it feels during most of the attacks!" The musket ball in the center of the forehead during the American Civil War served only to reinforce the previous two pain patterns, but now F. had the understanding. He commented, "That's why my metaphysics barely helped: the thought patterns were too firmly entrenched."

He built a thoughtform of heavy armor plate way out in front of his forehead and charged it with the thoughtform zapping power of the electric blue Light to defend itself against the attacks of the old thought patterns. There were a couple of minor setbacks, but our last report was: "It has now been over nine months since I had a problem with the old headaches. Since I previously had at least one every ten days if not two a week, I happily conclude that I am cured."

A DEEPER LOOK AT KARMA TO PREPARE FOR ACCURATE PROPHECY

That our consciousness expansion/contraction technique can be used to look into the future should be obvious by now, but a bit of groundwork will do much to improve your accuracy. Let's take a step back to view our "normal" three-dimensional world and its progress through time as the natural result of the interaction of psychic energies and thoughtforms. Nothing happens without first being an idea. If the idea accumulates sufficient energy, it takes form and is "born" into the material world. Historians will teach you that out of psychic and emotional conflict come man's wars, revolutions and riots—and similarly, out of the idealism and enthusiastic working for something better comes positive progress.

What Looking Back at Our Past Lives Does to Thoughtforms

When we look into history (for instance, with our past life viewing technique), we are seeing crystallized thoughtforms as historical events. Then we learned to study how the energy of these old thoughtforms has stayed around us and contributed to the total of your existence in the here and now. What our Eastern philosophies have called Karma may now be clearly seen as the natural interaction of an accumulation of thoughtforms. We collect varying amounts of pain, resentment, grief, poverty, and misery thoughtforms over a number of lives; then when they manifest, we scream, *"Bad Karma!"* Let us quickly turn to the positive occult rule: *"Never teach Karma to a student who is not yet prepared to overcome it!"* But with what *you* have learned already, the overcoming is *easy.*

We now see clearly that Karma is not punishment for past transgressions meted out by an avenging Deity, but it is truly self-inflicted by the unconscious harboring of old negative thought/reaction patterns and thoughtforms. It is not yet within our power to change the events of the past, but it is fully within the scope of intelligent living to control the future. This must be understood as simple truth before you dare take even a tiny glimpse into the future.

What Is Involved in Looking at the Future

We must look upon future viewing as a form of engineering extrapolation. What you see is a hypothetical future based upon the workings of the set of thoughtforms around you and the people important to you now. It is a picture that answers the question: "If I continue on my present life course (or a new one I am seriously considering) with the psychic atmosphere as it is, what will be the future outcome?" If you like what you see, accept it as a challenge to strive on and bring it to manifestation. But if you don't like what you see, don't panic–take this as a challenge to change the thoughtform conditions and thus avoid the unpleasantness. Without this attitude, glimpsing the future can only serve to increase your anxieties and so detract from your enjoyment of life.

A Future Accident Prevented

Sarah's sister and brother-in-law were on a vacation trip by automobile. One evening while they were gone, Sarah felt lonely and decided to tune in on them. She soon had a picture of their car, and to her horror, she saw it going off the road and over a cliff. But Sarah was not one to quietly submit to fate. She quickly grabbed the car with her mind and put it back on the road. Then she saw it drive safely on down the mountain. When her relatives returned from their vacation the sister remarked to Sarah, "There was one experience on the trip that I don't understand. I was sure we were going off the side of a cliff, but somehow the car stayed on the road and we came safely down."

Only with a positive attitude like Sarah's that will accept the challenges of the future may we safely allow ourselves a peek. But with this understanding we are ready to harness another very useful occult tool.

AN EXERCISE FOR PROPHECY OR FUTURE VIEWING

Setting the mood of relaxation and detachment is even more important for projecting into the future than for viewing past lives. If you are the least bit tense or apprehensive, use your Relax and Let Glow autohypnotic tape and/or the psychic development

exercise to build a mood of peace and well-being. It is a good idea, particularly while you are getting used to this technique, to pick a special place or event in the future for viewing. Let's illustrate the technique with an example, as follows:

Marie and Harry T. were dissatisfied with their small apartment and wanted to buy a house. The preliminary looking had grown into quite a chore since they were both busy in the business world. One evening Marie suggested to Harry that they try the technique of projecting into the future to find their house. Marie stretched out on the couch and used her Relax and Let Glow tape to set the mood. When it stopped, Harry took over. He directed the contraction and expansion of Marie's consciousness half a dozen times before he sent her expanded beingness outside of their apartment. She was seeing details well, even reading the numbers on the apartments across the street. So Harry directed her to float up and up until the scene below blurred in her vision.

Next he directed Marie to gently float back down and stand in front of the home that would be hers six months in the future. Marie began happily to describe a pretty house with green shutters and a lovely garden setting. Harry could hardly get through her excitement to ask her to read the house number, but Marie worked hard to cooperate and felt she was reading the number stenciled on the curb. Then Harry asked her to walk to the nearest corner and read the street sign. When she responded with the name of the street, Harry quickly brought her back with the suggestion that they go for a drive to check it out. Sure enough, there was the house, exactly as Marie had pictured it. But there was not a "For Sale" sign out. On an impulse, Marie suggested that they inquire anyway. As it turned out, the owners had decided to sell that very evening, but had not even called a real estate agent. A sale was arranged, and Marie has since called it "my prophecy house."

How a Business Meeting Was Seen in Advance

The evening after G.S. made an appointment with a major government supplier for a major contract renegotiation for his small company, he decided to try a consciousness projection to the meeting. He lived through about five minutes of miserable experience where the "big boys were picking apart the material cost section of my claim." G. hurried to the office the next

morning to take a closer look at the figures that had been supplied to him for material costs. Approaching it just as he had "seen" the "big boys" do it, he found several major discrepancies.

There was just time to rework the presentation before his scheduled appointment. He went to the meeting with an air of relieved confidence, and all went well because his new claim was fully supported by the documentation. As G. put it to me, "A major catastrophe for my company was averted because I took the time to send me ahead to the meeting."

A WORD OF CAUTION ABOUT HYSTERIA

Let's insert a note of caution. During a group session at ESP Laboratory in 1966 we projected a slightly hysterical gentleman five years into the future. He produced a horrible picture of bombs falling on Los Angeles in the summer of 1971. I quickly brought him back and worked with the class to erase any negative thought reactions. (By now we *know* he was wrong.) Sometimes one's fears will slip into this type of projection. When they do, quickly reject and erase any negative inputs and replace them with happy ones. Don't be one of those who give the psychic a bad name by acting in a foolish panic. This is a tremendous tool: treat it that way, but learn its limitations just as you would learn the limitations of a drill or lathe.

THE HUNA VIEW OF THE FUTURE

As a final consideration, the Huna view of the future is very much in point. They see the distant future as very light and filmy and subject to great change. The closer you come to the present, the stickier the future becomes. It finally crystallizes and is no longer subject to change as it passes through the present into history. Thus encountering a touch of negativity close at hand requires more immediate and drastic action than the same thing seen in the distant future. Use the technique to explore the future for the many opportunities for advancement and progress that await you. Then prepare to make the very most of them.

CHAPTER POINTS TO REMEMBER

1. Over two-thirds of the population of the world subscribe to religions that teach reincarnation.
2. Reincarnation should be distinguished from transmigration. We are concerned only with your return to successive *human* bodies from life to life.
3. The ability to peer into your past lives gives you a treasure house of information to apply to improving your present human relations, understanding your inner self, and uncovering hidden talents—as a way of improving *now*.
4. You can use the exercise alone, but another person to act as the operator and a tape recorder for storing the verbal part of the session may prove useful.
5. Use the consciousness expansion and contraction exercise to float into the past and bring back details of useful information for the present.
6. If your pictures are not clear at first, practice. Perseverance will bring success.
7. The same technique can be used to view the future, but we must be sure to understand what we see as a form of engineering extrapolation, subject to change by the powerful occult techniques you have already learned.
8. Take care to erase the negative and replace it with something positive whenever you see an uncomfortable future event, and strive to help the happy ones manifest.
9. The closer to you in time that an event seems to occur, the more drastic should be the preventive effort, or the effort to bring the positive into manifestation.

MIRACLE STEP 17

How to Use the Magic of Your New-Found Psychic Power in Daily Living

If you have read the first 16 chapters without using any of the exercises, you have no doubt reached the conclusion that I am stark, raving mad. But I would remind you that the pyschic and sex have this much in common: the inexperienced are not in a position to knock it. It is our purpose now to encourage you into getting the experience, and a combination of the psychic and the sex drive will do very nicely for a start.

HOW TO SHARPEN YOUR DRIVES AND HARNESS THEM TO PRODUCE SUCCESS IN YOUR EVERY UNDERTAKING

Motivation is the major key to success. If I can get you to apply even a small part of the material we have presented in this book, the change in your life will be reason enough to apply more. We see the edge that good motivation gives you demonstrated in "real life" every day. As I am writing this, the memory of several thrilling upsets in pro football is bright in my consciousness. It is truly said that on a given day any pro team can beat any other pro team. The difference is in being "up" for the game. Let's work on getting *you* up for the game of life, *now*. The keynote of this chapter is not to read so much as to *do*.

The Technique

Begin by building a bright mental picture of the most fascinating and appealing member of the opposite sex you can imagine. Contemplate the perfect mixture of "class" and refinement with sheer sensual magnetism wrapped into one completely desirable personality—then picture this dream person expressing an intense loving interest in *you*, in all facets of your life expression. Now use the root center breathing exercise to heighten your attractiveness to your dream person and feel the response: you are being courted and loved by the most wonderful being in the world, and you feel the experience inspiring *you* to become the most wonderful being in a phsyical body in response!

Next *ask* your dream person: "What steps should I take *right now* to become more fully the wonderful being that you see in me in potential? And which of the techniques that I have studied in this book will be most useful in attaining my new power and richness of being?" There is always an answer—at least as a thought that pops into your head. When you get even a faint glimmer of an answer, take it as the extra spur to action, *and do it!*

Meet your dream person for a five-minute meditation session each morning and evening, and each time, after enjoying the marvelous companionship, ask again: "What steps should I take *right now* to become more fully the wonderful being that you see in me in potential?" And always *act* on the suggestions you get.

Age No Barrier

It's never too late! A 72-year old gentleman had spent his last five years as a "wino" on skid row when he decided to build and listen to his dream person. With that extra push and powerful financial help from the "big dam thoughtform" he was inspired to build next, he cleaned himself up and returned to the management consulting field. Over the next three years his lowest annual earnings were just over $50,000!

Then it became time to enter the spirit world, and he did so with a smile on his face and the image of success to carry with him. He drops in for a spirit visit with me often and is very happy teaching growth and success to souls newly entering the spirit world full of confusion and dejection. He has enriched many lives on both sides of the veil we call death—and he knows it is because

he found the extra bit of drive in his dream person thoughtform. Think how much *more* you can do because you are ready to start *now* rather than waiting until you're 72!

HOW TO INSURE YOUR COMPLETE AND PERFECT SUCCESS

There remains only one more source of power to be harnessed for your good. We find it hinted at in all religions with some form of statement like, "Where two or three are gathered together in my name, there will I be also." In the psychic tradition, this is stated as a threefold responsibility to work (1) for *yourself*, (2) for *your family*, and (3) for *your school*. It is natural to work for yourself and family, but the greatest power is harnessed by work with a *group*. The last traces of doubt about personal worthiness are circumvented when you work for the good of others, and the giving of *yourself* in this manner sets up great flowing streams of good in the psychic atmosphere for *you*.

Group Power

Local church work and prayer groups are good if they appeal to you, but even that should be supplemented by work for a higher cause. In my earlier books, I invited the reader to join me in building the thoughtform for a dream organization to stand in the void between science and religion and prove that they are one and the same thing. Then a few of us "helped" it, and formed an international group that earns its way on the basis of service, self-help, and *results*. Of course I'm speaking of ESP Laboratory, but how could I better illustrate the power of group work than with what I have observed at first hand?

Group Pyramid Work

The group pyramid work of the Lab aptly illustrates the difference in power from the loner to the group level. The work of Chapter 14 in harnessing the psychic power of pyramid energy grew out of several years of experimentation and study at ESP Lab. Individuals tried the then "hokey" suggested techniques and reported results with suggestions for improving the basic method. Meanwhile both six-foot and nine-foot "big pyramids" were built at the Lab for study of the energies on a larger scale than the six-inch variety. Maximum results were obtained when we put it

all together in what we call the *Big Pyramid Exercise* (it is still being used on a monthly basis).

Individuals from all over the world participate in this monthly "ritual." Each participant sends us one or more thought-form nucleus sheets of paper on which is written the goal to be achieved or manifested for that person or a loved one. These are ritually "planted" in the big pyramid on the appointed day. On the same day, all over the world, the individual participants plant a thoughtform in their six-inch pyramids, with a nucleus thought-form sheet saying, "Let there be complete manifestation of each positive request in the ESP Lab Big Pyramid Exercise this month."

Then each day for the eight-day gestation period, we at the Lab chant over the Big Pyramid while individuals all over the world are chanting over their little pyramids. There is a great feeling of altruism and oneness with the group for each participant, and there are *no* blocks from feelings of unworthiness. Each person has the happy feeling of working for the good of the group with the certain knowledge that he is doing the most good for himself at the same time. Magnificent healings, settlement of "impossible" lawsuits, new jobs, promotions, windfalls of money, and meetings of "perfect mates" are the common results of interested people *working together for a common good.*

Rewards of Group Work

But the individual successes are only part of the result. The sharing of successful experience builds an extra level of faith in the individual and group ability to harness the powers for good and so adds a measure of personal serenity and effectiveness to all. Once *you* have tasted the reinforcing power of group activity, you will never go it really alone again. You will know that your group participation is indeed your insurance policy—an extra measure of protection and encouragement to ever greater success.

We have many other forms and methods of international group participation at ESP Lab, as do other local, national and international groups. I talk about our Lab because it's personal to me, but whether you choose to try here or at one of several other places, you owe yourself the added power and boost to your growth that comes from real group activity.

HOW TO FIND AN EFFECTIVE GROUP

One of the characteristics of psychic work is a generally high mortality rate among groups. A few dedicated people come together in the bond of sincerity of purpose, but they grow at different rates and soon find themselves split asunder. From the standpoint of a new seeker, this is a pity, but in the higher sense it, too, is natural to evolution. When you reach the point of planning to form your own group, take care to provide a steady influx of new blood to replace the ones who move away, die, or simply lose interest. But most of us need the experience of belonging for a while first, which leads to the quest for a compatible group that you can join with a feeling of safety. Where do you look?

Every few years, one group or another undertakes the vast task of publishing a psychic organization directory. Back in 1958 I myself financed a group which published such a directory, but they become obsolete very quickly in this field. Were I to mention a publication now, it would undoubtedly be out of print by the time you got around to looking for it. So let me offer to serve you in a more practical way. In my work at ESP Lab, I am a collector of directories, organizational rosters and addresses of occult groups and personalities. It's almost a matter of self-defense—it's easier to give a useful answer to an inquiry than to explain why you don't know.

If you will write me (Al Manning, c/o ESP Laboratory, 7559 Santa Monica Blvd., Los Angeles, Calif. 90046), and tell me your areas of specific interest, I will gladly share my current knowledge of local groups in your general area and/or introduce you to ESP Lab. But with or without my help in this, resolve to get involved with a sincere group to spur yourself on to ever greater achievement, growth and personal success. This can crown your psychic effectiveness in daily living and material gains with success.

CHAPTER POINTS TO REMEMBER

1. Motivation is a major key to success. If you will *apply* the techniques we have given in this book, the improvement in your life will be proof of their validity to you.
2. Build your dream person thoughtform and let this exciting entity spur you to fresh heights of ambition and success.

3. Use the dream person conference for five minutes every morning and evening, and *act* on the inspirations you receive. Personal success is always the result.
4. The insurance policy for your continued and complete success lies in group work. There is pure power in the occult idea of working for yourself, your family and your *school.*
5. Group work gets around any lurking feelings of doubt or unworthiness that might otherwise block your complete success.
6. Psychic groups are often passing things and may be hard to find. I maintain a current file of groups all over the world. You are invited to write (the author) me for information.